



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TRY NEW THINGS!

## 2023 Land Exercise Classes

### August - December

For questions or concerns please contact our Dome & Operations Director, Stacy Castoe at 620.275.1199 ext. 101 or email scastoe@ymcaswkansas.org

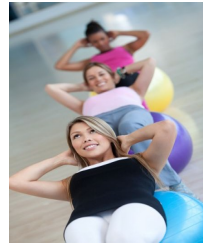
Time	Monday	Rm	Instructor
5:30 - 6:30 AM	Yoga4Life	AS	Troy
8:30 - 9:15 AM	Toning/Exercise Balls	AS	Dana
5:30 - 6:30 PM	Zumba	AS	Yecenia
5:30 - 6:30 PM	Body Transformation*	D	Tasha
6:30 - 8:00 PM	USA Weightlifting*	G	Michael

Time	Thursday	Rm	Instructor
5:30 - 6:15 AM	Sunrise Spin	SS	Troy
8:30 - 9:15 AM	Body/Flex	AS	Dana
4:45 - 5:30 PM	* TRX Queenax Class	D	Steven
5:30 - 6:30 PM	Just Spin	SS	Rafaela
5:30 - 6:30 PM	Zumba	AS	Yecenia
5:30 - 6:30 PM	Body Transformation*	D	Tasha

Time	Tuesday	Rm	Instructor
5:30 - 6:15 AM	Sunrise Spin	sS	Troy
8:30 - 9:15 AM	Body Sculpting	AS	Dana
4:45 - 5:30 PM	* TRX Queenax Class	D	Steven
5:30 - 6:30 PM	Just Spin	SS	Rafaela
5:30 - 6:30 PM	Body Transformation*	D	Tasha

Time	Friday	Rm	Instructor
5:30 - 6:30 PM	Body Transformation*	D	Tasha
6:30 - 8:00 PM	USA Weightlifting*	G	Michael

Time	Wednesday	Rm	Instructor
5:30 - 6:30 AM	Yoga4Life	AS	Troy
8:30 - 9:15 AM	Body Sculpting	AS	Dana
5:30 - 6:30 PM	Body Transformation*	D	Tasha
5:30 - 6:30 PM	Zumba	AS	Yecenia
6:30 - 8:00 PM	USA Weightlifting*	G	Michael



**Key** - **D**: Dome **AS**: Aerobics Studio  
\*- Class Requires a Registration Fee

# YMCA 360 ON DEMAND

**Take an exercise class ANYTIME you want!!**

YMCA 360, an exclusive collection of on-demand and livestream classes. We have TWO 55' TV's ready for YOU! Pick a class that suits your lifestyle.

**FREE** for all current YMCA members. Go to [ymca360.org](http://ymca360.org) and get your account registered. Ask MSA for a key to Aerobics Studio and remote.