



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 2025 LAND AEROBICS & SPINNING SCHEDULE

*Revised January 2, 2025*

All classes are **FREE** to Members

Non-Members pay \$5 per class or \$45 month

Members can bring a friend FREE the first full week of every month!

Key: AS: Aerobis Studio SS: Spin Studio

TIME	MONDAY	RM	LEADER
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
TIME	TUESDAY	RM	LEADER
5:30-6:30 AM	Sunrise Spin	SS	Troy
8:30-9:15 AM	Body Sculpting	AS	Dana
5:30-6:30 PM	Just Spin	SS	Rafaela
5:30-6:30 PM	Step Aerobics	AS	Monica
6:40—7:25 PM	Victory Vibes with Veronica	AS	Veronica
TIME	WEDNESDAY	RM	LEADER
5:30-6:30 AM	Yoga4Life	AS	Troy
8:30-9:15 AM	Body Sculpting	AS	Dana
5:30-6:30 PM	Zumba	AS	Yecenia
TIME	THURSDAY	RM	LEADER
5:30-6:30 AM	Sunrise Spin	SS	Troy
8:30-9:15 AM	Body Flex	AS	Dana
5:30-6:30 PM	Just Spin	SS	Rafaela
5:30-6:30 PM	Zumba	AS	Yecenia
6:40—7:25 PM	Victory Vibes with Veronica	AS	Veronica
TIME	FRIDAY	RM	LEADER
5:30-6:30 PM	Step Aerobics	AS	Monica
TIME	SATURDAY	RM	LEADER
9:00—9:45 AM	Victory Vibes with Veronica	AS	Veronica
10:00-11:00 AM	Sunny Side Spin	SS	Sondra

## YMCA 360 ON DEMAND

**Do your Aerobics ANYTIME & ANYWHERE you want!!**

YMCA 360, an exclusive collection of on demand and livestream classes. Do it at home in your PJ's or on your vacation in the mountains. Do it at the YMCA. We have TWO 55 TV's ready for YOU! Pick a class that suits your lifestyle. FREE for all current YMCA members. Go to [ymca.org](http://ymca.org) or download the APP and make sur to use the email you used to register at the YMCA to. Ask MSA for a key to Aerobics Studio and remote.

## NEED PERSONAL TRAINING?

Whether you are just starting to exercise or are a well-conditioned athlete, working one-on-one with a personal trainer will help you target and achieve your fitness goals! Our trainers will set up an initial consultation with you, then customize your workout to suit your needs and goals best All prices shown below are member prices.

#Sessions	Individual Fees	Group Fees
1	\$30/session	\$25 person
2 - 10	\$25/session	\$20 person
11 or more	\$20/session	\$15 person

Ask the Welcome Center for a flier on personal training and get signed up TODAY!

### QUESTIONS:

Cipriano Rodriguez  
Healthy Initiatives Coordinator  
(P) 620.275.1199 ext. 205  
(E) [crodriguez@ymcaswkansas.org](mailto:crodriguez@ymcaswkansas.org)