



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRY NEW THINGS!

2021 Land Exercise Classes September - December

For questions or concerns please contact the Strength & Conditioning Coach, Nolan Soto at 620.275.1199 ext. 205 or nsoto@ymcaswkansas.org

Time	Monday	Rm	Instructor
5:45-6:30 AM	TRX Queenax Class*	D	Steven
8:30-9:15 AM	Toning/Exercise Balls	AS	Dana
5:30-6:30 PM	Body Transformation*	D	Tasha
5:30-6:30 PM	Zumba	AS	Yecenia
6:30-7:30 PM	Step Aerobics	AS	Monica

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

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

Time	Friday	Rm	Instructor
5:45-6:30 AM	TRX Queenax Class*	D	Steven
5:30-6:30 PM	Body Transformation*	D	Tasha
6:30-7:30 PM	Step Aerobics	AS	Monica

Time	Wednesday	Rm	Instructor
5:45-6:30 AM	TRX Queenax Class*	D	Steven
8:30-9:15 AM	Body Sculpting	AS	Dana
5:30-6:30 PM	Body Transformation*	D	Tasha
6:30-7:30 PM	Step Aerobics	AS	Monica

Key

D: Dome AS: Aerobics Studio BP: Birthday Party Room
SS: Spinning Studio G: Gym

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 and get your account registered. Ask MSA for a key to Aerobics Studio and remote control to TV to get started on your time and day of your wish.