



# HUTCHINSON YMCA

## Group Exercise Schedule—Land & Water Effective 01/01/22-05/28/22

### CYCLE

	Time	Class	Instructor	Room
MO	12:15P-12:45P	Y Spin	Eddie	S
	6:00P-6:45P	Spin and Strength	Eddie	S
TU	5:15A-5:45A	Y Spin	Ashleigh	S
WE	12:15P-12:45P	Y Spin	Eddie	S
TH	5:15A-5:45A	Y Spin	Ashleigh	S
FR	12:15P-12:45P	Y Spin	Eddie	S
SA	8:30A-9:00A	Y Spin	Frank	S

### CARDIO & STRENGTH

	Time	Class	Instructor	Room
MO	8:30A-9:30A	Zumba	Jill	I
	9:45A-10:30A	Silver Sneakers	Terry	I
	12:00P-1:30P	Rock Steady Boxing	Kim	M
	5:30P-6:30P	HIIT	Kelly	I
TU	8:30A-9:30A	Muscle Ex	Judy	I
	12:15P-12:45P	Muscle Pump	Justin	I
	1:00P-1:45P	Silver Sneakers	Ramona	I
WE	8:30A-9:30A	Zumba	Jill	I
	12:00P-1:00P	Will Power Hour	Kim/Kelli	M
	5:30P-6:30P	Circuit	Ashleigh	I
TH	8:30A-9:30A	Muscle Ex	Judy	I
	12:15P-12:45P	Muscle Pump	Justin	I
	12:00P-1:30P	Rock Steady Boxing	Kim	M
	1:00P-1:45P	Silver Sneakers	Terry	I
	5:30P-6:30P	HIIT	Kelly	I
FR	8:30A-9:30A	Muscle Pump	Justin	I
	9:45A-10:30A	Silver Sneakers	Terry	I
SA	8:30A-9:30A	Muscle Pump	Justin	I
	10:00A-11:00A	Circuit	Frank	I

### WATER EXERCISE

	Time	Class	Instructor	Pool
MO	6:00A-6:45A	Aqua Zumba	Carla	Family
	7:00A-8:00A	H2O Strong	Deanna	Lap
	9:00A-10:00A	H2O Strong and Fit	Deanna	Lap
	9:00A-10:00A	Fit For Life	Vickie	Family
	1:00P-1:45P	Active For Life	Nancy	Family
TU	6:00A-6:45A	Aqua Zumba	Carla	Family
	7:00A-8:00A	H2O Move	Maureen	Lap
	9:00A-9:45A	Aqua Fit	Maureen	Family
	9:45A-10:30A	Active For Life	Beulah	Family
	1:00P-2:00P	Fit For Life	Nancy	Family
	5:45P-6:45P	Kicks and Core	John	Family
WE	6:00A-6:45A	Aqua Zumba	Carla	Family
	7:00A-8:00A	H2O Strong	Deanna	Lap
	9:00A-10:00A	H2O Strong and Fit	Deanna	Lap
	9:00A-10:00A	Fit For Life	Debi	Family
	1:00P-1:45P	Active For Life	Nancy	Family
	5:45P-6:30P	H2O Circuit	Diane	Family
TH	6:00A-6:45A	Aqua Zumba	Carla	Family
	7:00A-8:00A	H2O Move	Maureen	Lap
	9:00A-9:45A	Aqua Fit	Deanna	Family
	9:45A-10:30A	Active For Life	Beulah	Family
	1:00P-2:00P	Fit For Life	Nancy	Family
	5:45P-6:45P	Kicks and Core	John	Family
FR	7:00A-8:00A	H2O Strong	Deanna	Lap
	9:00A-10:00A	H2O Strong and Fit	Deanna	Lap
	9:00A-10:00A	Fit For Life	Vickie	Family
	1:00P-1:45P	Active For Life	Beulah	Family
SA	9:00A-10:00A	H2O Fit	Joni	Family

### MIND BODY

	Time	Class	Instructor	Room
MO	5:30A-6:30A	Yoga	Kathy	M
TU	9:30A-10:00A	Pilates/Roller	Judy	M
	7:15P-8:00P	Yoga	Kathy	M
WE	5:30A-6:30A	Yoga	Kathy	M
TH	9:30A-10:00A	Pilates/Roller	Judy	M
	7:15P-8:00P	Yoga	Kathy	M

JOIN ANYTIME! All classes on this schedule are ongoing, for ages 13 and up, and included in YMCA membership.

Please refer to schedules regularly or check [hutchymca.org](http://hutchymca.org) for up-to-date information.

Updated 5/4/22



#### KID ZONE HOURS

Drop in nursery available for members' children ages 6 weeks to 8 years  
Monday-Friday 9:00A-1:00P/ 5:00P-8:00P  
Saturday 8:00A-12:00P