



GROUP EX SCHEDULE

Summer 2024—beginning July 13
THE YMCA OF GREATER KALMAZOO

MAPLE

1001 W. Maple Street

Questions? Contact Association Health and Wellness Director Rebecca Lillie

RLillie@kzooyymca.org | (p) 269-345-9622 ext. 153

For a better us.®

All classes require registration via MotionVibe. Register for classes as early as 7am the day prior using the MotionVibe app or at kzooyymcaMotionVibe.com. Schedule subject to change. For most updated information, see MotionVibe.

SUN	MON	TUE	WED	THU	FRI	SAT
	TBC- Circuit 5:45-6:30am Nate/GER	Group Cycle 6-6:45am Cathy/GER	TBC- Circuit 5:45-6:30am Tyler/GER	Group Cycle 6-6:45am Cathy/GER	Kettlebell 6-6:50am Lisa/Studio	
	Kettlebell 6-6:50am Lisa/Studio	Barre 9:15-10am Rita/GER	Kettlebell 6-6:50am Lisa/Studio	Body Balance 9-10 am Sara/CR	TRX Circuit 6:15-7am Tyler/GER	Group Cycle 8:15-9am Takara/GER
	SS Classic 8-8:50am Michelle/GER	M4BB 10:30am-11:30 Glenda/CR	Zumba 9-9:50am Denise/CR	Total Body Cond. 9:15-10am Rebecca/GER	Zumba 9-9:50am Denise/CR	Core & Mobility 9:15-10am Tyler/CR
	Zumba 9-9:50am Denise/CR	SS Circuit 11-11:50am Takara/GER	Body Pump 9-10am Rita/GER	M4BB 10:30am-11:30 Jackie/CR	TBC 9:15-10am Rotation/GER	Body Pump 9:30-10:30am Takara/GER
	Group Cycle 9:15-10am Jim/GER	Body Pump 12-1pm Takara/GER	Cardio & Core 9:15-9:45am Tyler/OUTSIDE	Aging Strong 11-11:50am Hannah/GER	Yoga 10:15-11:15am Mary Beth/CR	Body Combat 10:45-11:45am Rita/GER
	Yoga 10:15-11am Jackie/CR	W.O.W 4:30-5:15 Sara/GER	Yoga 10:15-11:15am Kyle/CR	TRX Circuit 12:15-1pm Hannah/GER	SS Boom Muscle 10:30-11:30am Shashu/GER	Zumba 11am-noon Denise/CR
	SS Boom Muscle 10:30-11:30am Shashu/GER	Dance Fitness 5:30-6:30pm Annette/CR	SS Boom Muscle 10:30-11:30am Shashu/GER	Barre 4:30-5:15pm Rita/GER	Gentle Yoga 12-12:50pm Kyle/CR	
	Gentle Yoga 12-12:50pm Kyle/CR	Barre 5:45-6:30pm Rita/GER	SS Classic 12-12:50pm Michelle/GER	Body Pump 5:30-6:30pm Rita/GER	Body Pump 12-1pm Takara/GER	
	Total Body Cond. 12:15-1pm Rebecca/GER	Yoga 6:45-7:45pm Kyle/CR	Body Pump 4:45-5:45pm Kelly/GER	Dance Fitness 5:30-6:30m Meghan/CR		
	Body Pump 4:45-5:45pm Kelly/GER	BodyCombat 6:45-7:30pm Rita/GER	Body Balance 6-7pm Janet/GER	Group Cycle 6:45-7:30pm Takara/GER		
	SHiNE Dance Fit. 5:30-6:30pm Kim/CR		Zumba 5:45-6:45pm Kelly/CR			
	Body Balance 6-7pm Janet/GER				<p>Registered members are encouraged to arrive 5 minutes prior to class start time or risk forfeiting their spot to waitlist members who are present.</p> <p>Classes limited to 2 per day.</p>	

Updated 7/12/24