GROUP EX SCHEDULE

Fall 2024

THE YMCA OF GREATER KALMAZOO

MAPLE

1001 W. Maple Street

Questions? Contact Association Health and Wellness Director Rebecca Lillie
RLillie@kzooymca.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 kzooymcaMotionVibe.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** 9:15-10:15am 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
Bollywood Dance 1:30-2:30pm Denise/CR	**Zumba Tone** 9-9:50am Denise/CR	**SS Circuit** 11-11:50am Kathy/GER	**Body Pump** 9-10am Rita/GER	**M4BB** 10:30am-11:30 Jackie/CR	**Core & Mobility** 9:15-10am Rebecca/GER	**Body Pump** 9:30-10:30am Takara/GER
	Group Cycle 9:15-10am Jim/GER	**TBC** 12-1pm Kathy/GER	**Yoga** 10:15-11:15am Kyle/CR	**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 Ashley/GER	**SS Boom Muscle** 10:30-11:45 am Shashu/GER	**TRX Circuit** 12:15-1pm Hannah/GER	**SS Boom Muscle** 10:30-11:45 am Shashu/GER	**Zumba** 11am-noon Denise/CR
	SS Boom Muscle 10:30-11:45am Shashu/GER	**Dance Fitness** 5:30-6:30pm Annette/CR	**SS Classic** 12-12:50pm Michelle/GER	**Barre** 4:30-5:15pm Rita/GER	**Gentle Yoga** 12-12:50pm Kyle/CR	
	Gentle Yoga 12-12:50pm Kyle/CR	**Barre** 5:30-6:20pm Rita/GER	**Body Pump** 4:45-5:45pm Kelly/GER	**Body Pump** 5:30-6:30pm Rita/GER	**Body Pump** 12-1pm Takara/GER	
	Total Body Cond. 12:15-1pm Ashley/GER	**Yoga** 6:45-7:45pm Kyle/CR	**Body Balance** 6-7pm Janet/GER	**Dance Fitness** 5:30-6:30m Meghan/CR		Specialty Classes Require pre registration and a fee.
	Body Pump 4:45-5:45pm Kelly/GER	**BodyCombat** 6:30-7:20pm Rita/GER	**Zumba** 5:45-6:45pm Kelly/CR	**Group Cycle** 6:45-7:30pm Marlena/GER		
	SHiNE Dance Fit. 5:30-6:30pm Kim/CR					
	Body Balance 6-7pm Janet/GER					
						Updated 11/14/24

Registered members are encouraged to arrive 5 minutes prior to class start time or risk forfeiting their spot to waitlist members who are present.

Classes limited to 2 per day.