



# GROUP EX SCHEDULE

Fall 2024—beginning September 9th  
THE YMCA OF GREATER KALMAZOO

# MAPLE

1001 W. Maple Street

**Questions?** Contact Association Health  
and Wellness Director Rebecca Lillie

[RLillie@kzooyymca.org](mailto: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](http://kzooyymcaMotionVibe.com).  
Schedule subject to change. For most updated information, see MotionVibe.

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>TBC- Circuit</b> 5:45-6:30am Nate/GER	<b>Group Cycle</b> 6-6:45am Cathy/GER	<b>TBC- Circuit</b> 5:45-6:30am Tyler/GER	<b>Group Cycle</b> 6-6:45am Cathy/GER	<b>Kettlebell</b> 6-6:50am Lisa/Studio	
	<b>Kettlebell</b> 6-6:50am Lisa/Studio	<b>Barre</b> 9:15-10am Rita/GER	<b>Kettlebell</b> 6-6:50am Lisa/Studio	<b>Body Balance</b> 9-10 am Sara/CR	<b>TRX Circuit</b> 6:15-7am Tyler/GER	<b>Group Cycle</b> 8:15-9am Takara/GER
	<b>SS Classic</b> 8-8:50am Michelle/GER	<b>M4BB</b> 10:30am-11:30 Glenda/CR	<b>Zumba</b> 9-9:50am Denise/CR	<b>Total Body Cond.</b> 9:15-10am Rebecca/GER	<b>Zumba</b> 9-9:50am Denise/CR	<b>Core &amp; Mobility</b> 9:15-10am Tyler/CR
<b>Bollywood Dance</b> 1-1:50pm Denise/CR	<b>Zumba Tone</b> 9-9:50am Denise/CR	<b>SS Circuit</b> 11-11:50am Takara/GER	<b>Body Pump</b> 9-10am Rita/GER	<b>M4BB</b> 10:30am-11:30 Jackie/CR	<b>Core &amp; Mobility</b> 9:15-10am Rebecca/GER	<b>Body Pump</b> 9:30-10:30am Takara/GER
	<b>Group Cycle</b> 9:15-10am Jim/GER	<b>Body Pump</b> 12-1pm Takara/GER	<b>Yoga</b> 10:15-11:15am Kyle/CR	<b>Aging Strong</b> 11-11:50am Hannah/GER	<b>Yoga</b> 10:15-11:15am Mary Beth/CR	<b>Body Combat</b> 10:45-11:45am Rita/GER
	<b>Yoga</b> 10:15-11am Jackie/CR	<b>W.O.W</b> 4:30-5:15 Sara/GER	<b>SS Boom Muscle</b> 10:30-11:45 am Shashu/GER	<b>TRX Circuit</b> 12:15-1pm Hannah/GER	<b>SS Boom Muscle</b> 10:30-11:45 am Shashu/GER	<b>Zumba</b> 11am-noon Denise/CR
	<b>SS Boom Muscle</b> 10:30-11:45am Shashu/GER	<b>Dance Fitness</b> 5:30-6:30pm Annette/CR	<b>SS Classic</b> 12-12:50pm Michelle/GER	<b>Barre</b> 4:30-5:15pm Rita/GER	<b>Gentle Yoga</b> 12-12:50pm Kyle/CR	
	<b>Gentle Yoga</b> 12-12:50pm Kyle/CR	<b>Barre</b> 5:30-6:20pm Rita/GER	<b>Body Pump</b> 4:45-5:45pm Kelly/GER	<b>Body Pump</b> 5:30-6:30pm Rita/GER	<b>Body Pump</b> 12-1pm Takara/GER	
	<b>Total Body Cond.</b> 12:15-1pm Rebecca/GER	<b>Yoga</b> 6:45-7:45pm Kyle/CR	<b>Body Balance</b> 6-7pm Janet/GER	<b>Dance Fitness</b> 5:30-6:30m Meghan/CR		Specialty Classes Require pre registra- tion and a fee.
	<b>Body Pump</b> 4:45-5:45pm Kelly/GER	<b>PreNatal Yoga</b> 6:45-7:45pm Nora/StudioLoft (9/10-10/15)	<b>Zumba</b> 5:45-6:45pm Kelly/CR	<b>Group Cycle</b> 6:45-7:30pm Marlena/GER		
	<b>SHiNE Dance Fit.</b> 5:30-6:30pm Kim/CR	<b>BodyCombat</b> 6:30-7:20pm Rita/GER				
	<b>Body Balance</b> 6-7pm Janet/GER					

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.