



# GROUP EX SCHEDULE

Spring 2024

THE YMCA OF GREATER KALMAZOO

## MAPLE

1001 W. Maple Street

Questions? Contact Association Health and Wellness Director Rebecca Lillie

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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
	<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>Family Fit*</b> 4-430 pm Sara M/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>Zumba</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>Total Body Cond.</b> 9:15-10am Ashley/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>SS Boom Muscle</b> 10:30-11:30am Shashu/GER	<b>SS Circuit</b> 11-11:50am Kelsi/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>Aging Strong</b> 1:15-2pm Ashley/GER	<b>Yoga</b> 11:15-12:15am Kyle/CR	<b>TRX Circuit</b> 12:15-1pm Hannah/GER	<b>SS Boom Muscle</b> 10:30-11:30am Shashu/GER	<b>Zumba</b> 11am-noon Denise/CR
	<b>SS Boom Muscle</b> 10:30-11:30am Shashu/GER	<b>W.O.W</b> 4:30-5:15 Ashley/GER	<b>SS Classic</b> 12-12:50pm Annie/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>Prenatal Yoga</b> 6-7:15 pm Nora/Studio Loft	<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>Dance Fitness</b> 5:30-6:30pm Annette/CR	<b>BodyCombat</b> 430-530pm Melody/CR	<b>Dance Fitness</b> 5:30-6:30m Meghan/CR		
	<b>Body Combat</b> 4:30-5:15 pm Rita/CR	<b>Barre</b> 5:45-6:30pm Oliva/GER	<b>Body Balance</b> 6-7pm Janet/GER	<b>Group Cycle</b> 6:45-7:30pm Olivia/GER		Class requires pre-registration and payment.
	<b>Body Pump</b> 4:45-5:45pm Kelly/GER	<b>Yoga</b> 6:45-7:45pm Kyle/CR	<b>Zumba5</b> 5:45-6:45pm Kelly/CR			*Class time changing to 4pm beginning 4/7/24
	<b>SHiNE Dance Fit.</b> 5:30-6:30pm Kim/CR	<b>Group Cycle</b> 6:45-7:30pm Oliva/GER				
	<b>Body Balance</b> 6-7pm Janet/GER					
	<b>Move!</b> 6:45-7:45pm Kelsi/CR					Updated 3/18/24