

 Group Exercise Classes - Maple Effective July, 19 2021						
Summer						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Body Pump Aimee 6am/GER	Group Cycle Mary 6am/GER	Insanity Sara H. 6:30 am/GER		KB Lisa 6am/GER	
		Pilates Joy 9am/Outside	Total Body Cond. Rebecca 9:15am/GER	Pilates Joy 9am/Outside	BodyFlow Aimee 9am/GER	Group Cycle Mary 8am/GER
	Zumba Denise 9am/CR	M4BB Glenda 10:30am/GER	Zumba Denise 9am/CR	M4BB Jackie 10:30am/GER	Zumba Denise 9am/CR	Body Pump Becky 930pm/GER
	SS Boom Shashu 10:30/GER		SS Boom Shashu 10:30/GER		SS Boom Shashu 10:30/GER	Zumba Denise 9am/CR
	Total Body Cond. Rebecca 12:15pm/GER		Body Pump Aimee 4:30pm/GER		Body Pump Sara 12:15/GER	
	Body Pump Aimee 4:30pm/GER		BodyFlow Janet 6pm/GER		NOTE: Registration required for all indoor classes. Register for classes as early as 5am the day prior using our YMCA of Greater Kalamazoo Motion Vibe App or online at KzoymcaMotionVibe.com Speciality Classes begin require pre registration and an additional fee required. (Blue Box)	
	BodyFlow Janet 6pm/GER	Body Pump Aimee 530pm/GER	Zumba Denise 5:30pm/CR	Body Pump Sara H. 530pm/GER		
	PomSquad Kim 5:30pm/CR	Pound Ana 7pm/GER	Cardio Kickboxing Carmen 6:45pm/Outside			

 Group Exercise Classes						
* Virtual *						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	KB Lisa 6am/zoom		Insanity 6:00am/FBLive Sara H.			
	SS Boom 10:30 am/Zoom Shashu B.	Pilates 9am/FB Live Joy M.	SS Boom 10:30 am/Zoom Shashu B.	Pilates 9am/FB Live Joy M.	SS Boom 10:30 am/Zoom Shashu B.	
					Body Pump 12:15pm/FB Live Sara H.	