



GROUP EXERCISE SCHEDULE
Spring 2022

SUN	MON	TUE	WED	THU	FRI	SAT
	Kettlebell Lisa 6:-6:50am Studio	Group Cycle Marti 5:15-6am GER	Kettlebell Lisa 6:-6:50am Studio		Kettlebell Lisa 6:10-7am Studio	
	Zumba Denise 9-9:50am CR	Sculpt Elisha 9:15-10am GER	Insanity Shannon 6:-6:50am GER	Total Body Cond. Rebecca 9:15-10am GER	TRX Circuit Tyler 6:15-7am GER	Group Cycle Marti 8:15-9am CR
	Group Cycle Jim 9:15-10am GER	M4BB Glenda 10:30-11:30am CR	Zumba Denise 9-9:50am CR	M4BB Glenda 10:30-11:30am CR	Zumba Denise 9-9:50am CR	Body Pump Rotation 9:30-10:30am GER
	SS Boom Shashu 10:30-11:30 GER	Body Pump Melody 12:15-1pm GER	Body Pump Loida 9-10am GER	TRX Circuit Rebecca 12:15-1pm GER	Yoga MaryBeth 10:15-11am CR	Zumba Denise 11am-noon CR
	Total Body Cond. Rebecca 12:15-1pm GER	Total Body Cond. Olivia 5:30-6:30pm GER	Yoga Meryl 10:15-11am CR	BodyPump Rita 5:30-6:30pm GER	SS Boom Shashu 10:30-11:30pm GER	
	Body Pump Kelly 4:45-5:45pm GER	Pound Ana 5:30-6:30pm CR	SS Boom Shashu 10:30-11:30am GR	Strong Nation Kim 5:30-6:30pm CR	Body Pump Melody 12:15-1pm GER	
	PomSquad Kim 5:30-6:30pm CR	Yoga Mary Beth 6:45-7:45pm CR	Body Pump Kelly 4:45-5:45pm GER	Group Cycle Olivia 6:45-7:30pm GER		
	BodyFlow Janet 6-7pm GER	Group Cycle Olivia 6:45-7:30pm GER	Zumba Carrie 5:30-6:30pm CR			
			Body Flow Janet 6-7pm GER			
			Cardio Kickboxing Carmen 6:45-7:30pm CR			

All classes require registration via MotionVibe.

Schedule subject to change. See MotionVibe for the most up to date information. Register for classes as early as 7am the day prior using our YMCA of Greater Kalamazoo MotionVibe App or online at KzooyymcaMotionVibe.com.

For a better us.