



GROUP EXERCISE SCHEDULE

Spring II 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		<b>Hi Lo</b> 8:00—8:50am Lynda GER		<b>Silver Sneakers Classic</b> 8:00—8:50am Michelle GER		
	<b>BodyPump</b> 8:00—8:55am Melody GER	<b>Zumba</b> 9:00—9:55am Carrie GER	<b>BodyCombat</b> 6:00—6:55am Loida GER	<b>Zumba</b> 9:00—9:55am Carrie GER	<b>BodyCombat</b> 6:00—6:55am Loida GER	<b>BodyCombat</b> 8:30—9:25am Loida GER
	<b>Yoga</b> 9:00-9:50am Philip Studio	<b>Group Cycling</b> 9:00—9:55am Lynda Cycle Studio	<b>BodyPump</b> 8:00—8:55am Melody GER	<b>Group Cycling</b> 9:00—9:55am Michelle Cycle Studio	<b>BodyPump</b> 8:00—8:55am Melody GER	<b>Group Cycling</b> 8:45—9:30am Michelle M. Cycle Studio
	<b>Step Challenge</b> 9:15—9:45am JoAnne GER	<b>Classic Strength</b> 10:15-11:10am Cary GER	<b>Step Challenge</b> 9:15—9:45am JoAnne GER	<b>Classic Strength</b> 10:15—11:10am Cary GER	<b>PomSquad</b> 9:15—10:15am Kim GER	<b>BodyPump</b> 9:45—10:45am Rotating Instructor GER
	<b>Strength</b> 9:50—10:30am JoAnne GER	<b>Barre</b> 10:30—11:30am Kelsey Studio	<b>Strength</b> 9:50—10:30am JoAnne GER	<b>Barre</b> 10:30—11:30am Kelsey Studio	<b>TRX Circuit</b> 10:30—11:15am Rebecca Studio	
	<b>Silver Sneakers Classic</b> 10:45—11:40am JoAnne GER	<b>Chair Yoga</b> 11:15a—12:00pm Philip GER	<b>Yoga</b> 10:00—10:50am Ashley Studio	<b>Silver Sneakers Chair Yoga</b> 11:15a-12:00pm Cary GER	<b>Silver Sneakers Classic</b> 10:45—11:40am JoAnne GER	
	<b>BodyPump</b> 5:30—6:25pm Loida GER	<b>Sculpt</b> 12:10—12:55pm Ashley GER	<b>Silver Sneakers Classic</b> 10:45—11:40am Lynda GER	<b>Sculpt</b> 12:10—12:55pm Ashley GER	<b>Yoga</b> 12:00—12:50pm Meryl Studio	
	<b>Yoga</b> 6:00—7:00pm Sarah Studio	<b>BodyCombat</b> 4:30—5:25pm Melody GER	<b>BodyPump</b> 5:30—6:25pm Danielle GER	<b>BodyCombat</b> 4:30—5:25pm Melody GER		
	<b>Zumba</b> 7:00—7:50pm Denise GER	<b>Group Cycling</b> 5:30—6:25pm Michelle Cycle Studio		<b>BodyPump</b> 5:45—6:45pm Chelsea GER		
		<b>Step</b> 5:45—6:40pm Anita GER		<b>Yoga</b> 6:30—7:30pm Meryl Studio		
		<b>Yoga</b> 6:45—7:45pm Anita Studio				

Schedule subject to change. See MotionVibe for the most up to date information. Registration through MotionVibe is recommended for all indoor classes. Register for classes as early as 7am the day prior using our YMCA of Greater Kalamazoo MotionVibe App or online at [KzooyymcaMotionVibe.com](http://KzooyymcaMotionVibe.com).

For a better us.