



GROUP EX SCHEDULE

THE YMCA OF GREATER KALMAZOO

MAPLE

1001W. 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. For classes before 1pm, registration opens at 7am the day prior. For classes at and after 1pm, registration opens at 9am. Schedules are subject to change. For most updated information, see MotionVibe.

SUN	MON	TUE	WED	THU	FRI	SAT
	TBC- Circuit 5:45-6:30am Nate/GER	Group Cycle 6-6:45am Cathy/GER	TBC- Circuit 5:45-6:30am Tyler/GER	Group Cycle 6-6:45am Cathy/GER	Kettlebell 6-6:50am Lisa/Studio	
	Kettlebell 6-6:50am Lisa/Studio	Barre 9:15-10:15am Rita/GER	Kettlebell 6-6:50am Lisa/Studio	Body Balance 9-10 am Sara/CR	TRX Circuit 6:15-7am Tyler/GER	Group Cycle 8:15-9am Takara/GER
	Zumba Tone 9-9:50am Denise/CR	M4BB 10:30am-11:30 Glenda/CR	Zumba 9-9:50am Denise/CR	Total Body Cond. 9:15-10am Rebecca/GER	Zumba 9-9:50am Denise/CR	Body Pump 9:30-10:30am Takara/GER
Bollywood Dance 1:30-2:30pm Denise/CR	Group Cycle 9:15-10am Jim/GER	SS Circuit 10:30-11:15am Kathy/GER	Body Pump 9-10am Rita/GER	M4BB 10:30am-11:30 Jackie/CR	Core & Mobility 9:15-10am Rebecca/GER	Body Combat 10:45-11:45am Rita/GER
	Yoga 10:15-11am Jackie/CR	TBC 12:15-1pm Takara/GER	Yoga 10:15am-11:15pm Kyle/CR	Sculpt 11-11:50am Hannah/GER	Yoga 10:15-11:15am Mary Beth/CR	Zumba 11am-noon Denise/CR
	SS Boom Muscle 10:30-11:45am Shashu/GER		SS Boom Muscle 10:30-11:45 am Shashu/GER	TRX Circuit 12:15-1pm Hannah/GER	SS Boom Muscle 10:30-11:45 am Shashu/GER	
	Gentle Yoga 12-12:50pm Kyle/CR		SS Classic 12-12:50pm Michelle/GER		Gentle Yoga 12-12:50pm Kyle/CR	
	Total Body Cond. 12:15-1pm Ashley/GER				Body Pump 12-1pm Takara/GER	
						Specialty Classes Require pre registration and a fee.
	Body Pump 4:45-5:45pm Kelly/GER		BodyCombat 430-5:20pm Ashley/CR	Barre 4:30-5:15pm Rita/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.	
	Sculpt 5:30-6:30pm Jennifer /CR	Dance Fitness 5:30-6:30pm Annette/CR	Body Pump 4:45-5:45pm Kelly/GER	Body Pump 5:30-6:30pm Rita/GER		
	Body Balance 6-7pm Janet/GER	Barre 5:30-6:20pm Rita/GER	Dance Fitness 5:45-6:45pm Kelly/CR	Dance Fitness 5:30-6:30m Meghan/CR		
		BodyCombat 6:30-7:20pm Rita/GER	Kettlebell 5:45-6:30pm Ashley/Studio	Group Cycle 6:45-7:30pm Takara/GER		
		Yoga 6:45-7:45pm Kyle/CR	Body Balance 6-7pm Janet/GER			
						Updated 5/1/25