



# 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
	<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> 9:15-10:15am 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>Zumba</b> 9-9:50am Denise/CR	<b>M4BB</b> 10:30am-11:30 Glenda/CR	<b>Zumba Tone</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>Pilates</b> 9-9:50am Ashley/CR
	<b>Group Cycle</b> 9-9:50am Mary/GER		<b>Body Pump</b> 9-10am Becky/GER	<b>M4BB</b> 10:30am-11:30 Jackie/CR	<b>Core &amp; Mobility</b> 9:15-10am Rebecca/GER	<b>Body Pump</b> 9:30-10:30am Takara/GER
	<b>Yoga</b> 10:15-11am Jackie/CR	<b>SS Circuit</b> 11-11:50pm Jane/GER	<b>Yoga</b> 10:15am-11:15pm Kyle/CR	<b>Sculpt</b> 11-11:50am Kim/GER	<b>Yoga</b> 10:15-11:15am Mary Beth/CR	<b>Body Combat</b> 10:45-11:45am Rita/GER
	<b>SS Boom Muscle</b> 10:30-11:45am Shashu/GER	<b>Total Body Cond.</b> 12:15-1pm Sara/GER	<b>SS Boom Muscle</b> 10:30-11:45 am Shashu/GER	<b>TRX Circuit</b> 12:15-1pm Becky/GER	<b>SS Boom Muscle</b> 10:30-11:45 am Shashu/GER	<b>Zumba</b> 11am-noon Denise/CR
	<b>Gentle Yoga</b> 12-12:50pm Kyle/CR		<b>SS Classic</b> 12-12:50pm Jane/GER		<b>Gentle Yoga</b> 12-12:50pm Kyle/CR	
	<b>Sculpt</b> 12:15-1pm Kim/GER				<b>Body Pump</b> 12-1pm Vana/GER	
						Specialty Classes Require pre registration and a fee.
	<b>Body Pump</b> 4:45-5:45pm Kelly/GER	<b>BodyBalance</b> 4:30-5:20pm Becky /GER	<b>BodyCombat</b> 430-5:20pm Ashley/CR	<b>Barre</b> 4:30-5:30pm Rita/GER	<b>Zumba Lift</b> 5:30-6:30pm Denise/CR	
	<b>Sculpt</b> <b>5:30-6:30pm</b> Jennifer /CR	<b>Dance Fitness</b> 5:30-6:30pm Annette/CR	<b>Body Pump</b> 4:45-5:45pm Kelly/GER	<b>Body Pump</b> 5:45-6:45pm Rita/GER		
	<b>Body Balance</b> 6-7pm Janet/GER	<b>Barre</b> 5:30-6:20pm Rita/GER	<b>Dance Fitness</b> 5:45-6:45pm Meghan/CR	<b>Dance Fitness</b> 5:30-6:30m Kelly/CR	Registered members are encouraged to arrive 5 minutes prior to class start time or risk forfeiting their spot to waitlist members who are present.	
	<b>Total Body Cond.</b> 7:15-8pm Antonia/GER	<b>BodyCombat</b> 6:30-7:20pm Rita/GER	<b>Body Balance</b> 6-7pm Janet/GER			
		<b>Yoga</b> 6:45-7:45pm Kyle/CR				
						Classes limited to 2 per day.
						Updated 5/18/26