



**Group Exercise Classes - Maple  
Fall 2021**

Effective  
Sept. 7, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>KB</b> Lisa <b>6-7am/Studio</b>	<b>Group Cycle</b> Marti <b>5:15-6am/GER</b>	<b>Insanity</b> Shannon <b>6-6:50am/GER</b>			
	<b>Body Pump</b> Aimee <b>6-7am/GER</b>	<b>Pilates</b> Joy/Julia <b>9-9:50am/CR</b>	<b>Zumba</b> Denise <b>9-9:50am/CR</b>	<b>Pilates</b> Joy/Julia <b>9-9:50am/CR</b>	<b>Zumba</b> Denise <b>9-9:50am/CR</b>	<b>Group Cycle</b> Marti <b>8-9am/GER</b>
	<b>Zumba</b> Denise <b>9-9:50am/CR</b>	<b>Total Body Cond.</b> Ashley <b>9:15-10am/GER</b>	<b>Body Pump</b> Takara <b>9:15-10am/GER</b>	<b>Total Body Cond.</b> Rebecca <b>9:15-10am/GER</b>	<b>Barre</b> Ashley <b>9:15-10am/GER</b>	<b>BodyFlow</b> Sara <b>8-9am/CR</b>
	<b>Barre</b> Ashley <b>9:15-10am/GER</b>	<b>M4BB</b> Glenda <b>10:30-11:30am/CR</b>	<b>BodyFlow</b> Aimee <b>10-11am/CR</b>	<b>M4BB</b> Glenda <b>10:30-11:30am/CR</b>	<b>BodyFlow</b> Aimee <b>10-11am/CR</b>	<b>Body Pump</b> Becky <b>9:30-10:30am/GER</b>
	<b>SS Boom</b> Shashu <b>10:30-11:30/GER</b>		<b>SS Boom</b> Shashu <b>10:30-11:30/GER</b>	<b>Yoga</b> Meryl <b>11:30-12:30/CR</b>	<b>SS Boom</b> Shashu <b>10:30-11:30/GER</b>	<b>Zumba</b> Denise <b>11am-noon/CR</b>
	<b>Total Body Cond.</b> Rebecca <b>12:15-1pm/GER</b>	<b>Body Pump</b> Aimee <b>12:15-1pm/GER</b>		<b>TRX</b> Rebecca <b>12:15-1pm/GER</b>	<b>Body Pump</b> Takara <b>12:15-1pm/GER</b>	
	<b>Body Pump</b> Takara <b>4:30-5:30pm/GER</b>	<b>Body Pump</b> Myisha <b>5:30-6:30pm/GER</b>	<b>Body Pump</b> Aimee <b>4:30-5:30pm/GER</b>	<b>Body Pump</b> Becky <b>5:30-6:30pm/GER</b>	<p><b>Schedule subject to change, see MotionVibe for most up to date information.</b></p> <p>Registration recommended for all indoor classes.</p> <p>Register for classes as early as 7am the day prior using our YMCA of Greater Kalamazoo Motion Vibe App or online at <a href="http://KzooymcaMotionVibe.com">KzooymcaMotionVibe.com</a></p> <p><b>Speciality Classes (Blue Box) are fee-based classes that require pre-registration.</b></p>	
	<b>PomSquad</b> Kim <b>5:30-6:30pm/CR</b>	<b>Pound</b> Ana <b>5:30-6:30pm/CR</b>	<b>Zumba</b> Carrie <b>5:30-6:30pm/CR</b>	<b>Strong Nation</b> Kim <b>5:30-6:30pm/CR</b>		
	<b>BodyFlow</b> Janet <b>6-7 pm/GER</b>	<b>Group Cycle</b> Takara <b>6:45-7:30pm/GER</b>	<b>BodyFlow</b> Janet <b>6-7 pm/GER</b>	<b>Group Cycle</b> Takara <b>6:45-7:30pm/GER</b>		
			<b>Cardio Kickboxing</b> Carmen <b>6:45-7:30pm/Outside</b>			