



GROUP EXERCISE SCHEDULE
Fall | 2022

SUN	MON	TUE	WED	THU	FRI	SAT
	Pilates 6:00—6:55am Kathy / Studio	Hi Lo 8:00—8:50am Lynda / GER	BodyCombat 6:00—6:55am Loida/GER	Silver Sneakers Classic 8:00—8:50am Michelle / GER	BodyCombat 6:00—6:55am Loida / GER	BodyCombat 8:30—9:25am Loida / GER
	BodyPump 8:00—8:55am Melody / GER	Dance Fitness 9:00—9:55am Kim / GER	BodyPump 8:00—8:55am Melody / GER	Dance Fitness 9:00—9:55am Kim / GER	BodyPump 8:00—8:55am Loida / GER	Group Cycling 8:45—9:30am Michelle / Cycle
	Yoga 9:00-9:50am Philip / Studio	Group Cycling 9:15—10:05am Lynda / Cycle	Step Challenge 9:15—9:55am JoAnne / GER	Group Cycling 9:15—10:05am Michelle / Cycle	Dance Fitness 9:15—10:15am Hilary / GER	Pilates 9:00—10:00am Kathy / Studio
	Step Challenge 9:15—9:55am JoAnne / GER	Classic Strength 10:15-11:10am Cary / GER	Sculpt 10:00—10:45am JoAnne / GER	Classic Strength 10:15—11:10am Cary / GER	Silver Sneakers Classic 10:45—11:40am JoAnne / GER	BodyPump 9:45—10:45am Rotating / GER
	Sculpt 10:00—10:45am JoAnne / GER	Barre 10:30—11:30am Kelsey / Studio	Yoga 10:00—10:50am Ashley / Studio	Barre 10:30—11:30am Karen / Studio	Yoga 10:00—10:50am Meryl / Studio	
	Barre 10:30—11:30am Karen/Studio	Chair Yoga 11:15a—12:00pm Philip / GER	Silver Sneakers Classic 11:00—11:50am Lynda / GER	Silver Sneakers Chair Yoga 11:15a-12:00pm Cary / GER	**Women's Self Defense 12:00—1:00pm Preregister/GER	
	Silver Sneakers Classic 11:00—11:50am Michelle / GER	Total Body Conditioning 12:05—12:50pm Rebecca / GER	BodyPump 5:30—6:25pm Danielle /GER	Total Body Conditioning 12:05—12:50pm Ashley / GER	**Korean Karate 6:00—7:30pm Preregister/GER	
	Silver Sneakers Boom Mind 12:00—12:45pm Ashley / Studio	*LiveStrong 1:00—2:15pm Preregister/Studio	Yoga 6:00—7:00pm Sangita / Studio	*LiveStrong 1:00—2:15pm Preregister/Studio		
	BodyCombat 4:30—5:25pm Loida / GER	BodyCombat 4:30—5:25pm Melody / GER	**Korean Karate 6:30—7:30pm Prereigster/GER	BodyCombat 4:30—5:25pm Melody / GER		
	BodyPump 5:45—6:40pm Loida / GER	Group Cycling 5:30—6:25pm Michelle / Cycle		Group Cycling 5:30—6:25pm Takara / Cycle		
	Yoga 6:00—7:00pm Sarah / Studio	Step 5:45—6:40pm Anita / GER		BodyPump 5:45—6:45pm Chelsea / GER		
	Zumba 7:00—7:50pm Denise / GER	FitCamp (Ages 8+) 5:45—6:15pm Melody / Studio		Yoga 6:30—7:30pm Philip / Studio		*Chronic disease programming. Enrollment and medical clearance required.
		Yoga 6:45—7:45pm Anita / Studio		Step 7:00—8:00pm Anita / GER		**Preregistration required.

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 KzooymcaMotionVibe.com.

For a better us.