



**Group Exercise Classes
Outside (Maple)**

Schedule for week of
8/10/20 moving
forward

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Pilates 9am /Maple Joy	Total Body Conditioning 9am /Maple Rebecca L.	BodyPump* 9am /Maple Aimee G.	Trek Fit 9am /Maple Leigh G.	Zumba 9am/Maple Denise	Group Cycling 9:15am/Maple Mary O.
		Moving for Better Balance 10am/Maple Glenda V.				Zumba 11am/Maple Denise
	BodyPump* 5:30pm/Maple Sara H.	Zumba 5:30pm/Maple Denise S.	BodyFlow 5:30pm/Maple Janet J.	Cardio Kickboxing 5 pm/Maple Analinda W.		

**Group Exercise Classes
Outside (Portage)**

Schedule for week of
8/10/20 moving
forward

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Total Body Conditioning 9am/Portage John M.	Zumba 9am/Portage Carrie O.		Zumba 9am/Portage Carrie O.		BodyCombat 8:00am/Portage Michelle C.
		BodyCombat 4:30pm/Portage Michelle C.	Total Body Conditioning 9am/Portage John M.	BodyCombat 4:30pm/Portage Michelle C.	Barre Fusion noon/Portage Kelsey s.	
	Barre Fusion 5:30pm/Portage Kelsey s.	Group Cycling 6pm/Portage Kelsey S.	Zumba 7pm/Portage Carrie O.	Group Cycling 6pm/Portage Kelsey S.		

**Group Exercise Classes
Virtual ****

Schedule for week of
8/10/20 moving
forward

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BodyPump 6:30am/FB Live Aimee G.		BodyFlow 6:30am/FB Live Aimee G.			
Yoga 9am/FB Live Erin Z.	SS Boom 10am/Zoom Shashu B.	Strength 10am/FB Live Sherri V.	SS Boom 10am/Zoom Shashu B.	Strength 10am/FB Live Sherri V.	SS Boom 10am/Zoom Shashu B.	BodyPump 9:30 am/FB Live Sara H.
	Barre 11:30am/FB Live Melissa S.	Pilates 11:30am/FB Live Joy M.	Insanity 11:30/FB Zoom Sara H.	Arthritis Exercise 10am/Zoom Glenda V.		Zumba 11am/Zoom Denise
	Classic Strength 12:30/Zoom Annie M.	Yoga 6pm/FB Live Melissa S.	SS Yoga 12:30/Zoom Annie M.			

NOTE:

All classes are free for YMCA members. Please bring water/sweat towel/mat. Bathrooms/Kidzone are not available at this time.

Please arrive early to checking and complete health check.

Classes are weather dependant, cancellations will be announced via Facebook and Website postings.

*Class registration required, register at www.kzooyymca.motionvibe.com

**For Zoom links please contact Rebecca Lillie : RLillie@kzooyymca.org