



**Group Exercise Classes  
Outside (Maple)**

Schedule for week of  
8/10/20 moving  
forward

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

**Group Exercise Classes  
Outside (Portage)**

Schedule for week of  
8/10/20 moving  
forward

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Zumba</b> 9am/Portage <b>Carrie O.</b>		<b>Zumba</b> 9am/Portage <b>Carrie O.</b>		<b>BodyCombat</b> 8:00am/Portage <b>Michelle C.</b>
		<b>BodyCombat</b> 4:30pm/Portage <b>Michelle C.</b>	<b>BodyPump</b> 5:30pm/Portage <b>Becky M.</b>	<b>BodyCombat</b> 4:30pm/Portage <b>Michelle C.</b>		<b>BodyPump</b> 9:30am/Portage <b>Becky M.</b>
	<b>Barre Fusion</b> 5:30pm/Portage <b>Kelsey S.</b>	<b>Group Cycling</b> 6pm/Portage <b>Kelsey S.</b>	<b>Zumba</b> 7pm/Portage <b>Carrie O.</b>	<b>Group Cycling</b> 6pm/Portage <b>Kelsey S.</b>		

**Group Exercise Classes  
Virtual \*\***

Schedule for week of  
8/10/20 moving  
forward

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

**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.kzooymca.motionvibe.com](http://www.kzooymca.motionvibe.com)

\*\*For Zoom links please contact Rebecca Lillie : [RLillie@kzooymca.org](mailto:RLillie@kzooymca.org)