



Group Exercise Classes - Maple Branch

Fall 2020

11/2/2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	KB Lisa 6am/GER	Group Cycle Mary 6am/GER	KB Lisa 6am/GER		KB Lisa 6am/GER	
		Pilates Joy 9am/GER		Pilates Joy 9am/GER	BodyFlow Aimee 9am/GER	Group Cycle Mary 8am/GER
	Zumba Denise 9am/Outside	Total Body Conditioning Rebecca 9am/outside	Zumba Denise 9am/outside	Trek Fit Leigh 9am/outside	Zumba Denise 9am/Outside	Body Pump Becky 930pm/GER
	SS Boom Shashu 10:30/GER	M4BB Glenda 10:30am/GER	SS Boom Shashu 10:30/GER	M4BB Glenda 10:30am/GER	SS Boom Shashu 10:30/GER	Zumba Denise 11am/outside
	Body Pump Aimee 4:30pm/GER	Total Body Conditioning Ana 530pm/outside	Body Pump Aimee 4:30pm/GER		<p>NOTE: Registration required for all indoor classes. Register for classes as early as 5am the day prior using our YMCA of Greater Kalamazoo Motion Vibe App or online at KzooymcaMotionVibe.com</p> <p>Speciality Classes begin week of Oct 26th Pre Registration and an additional fee required. (Blue Box)</p> <p>YMCA MAPLE Branch</p>	
	BodyFlow Aimee 6pm/GER	Body Pump Becky 530pm/GER	BodyFlow Janet 6pm/GER	Body Pump Becky 530pm/GER		
	Zumba Kim 5:30pm/GYM	Barre Heather 7pm/GER	Zumba Denise 5:30pm/outside	TRX-Strength&Balance Heather 7pm/GER		

11/23/2020