



GROUP EXERCISE SCHEDULE

Fall 2022

SUN	MON	TUE	WED	THU	FRI	SAT
	BodyBalance Jess 6-6:50am GER	Group Cycle Cathy 5:30-6:15am GER	TBC- Circuit Tyler 5:45-6:30am GER Studio	Group Cycle Cathy 5:30-6:15am GER	Kettlebell Lisa 6-6:50am Studio	
	Kettlebell Lisa 6-6:50am Studio	Barre Rita 9:15-10am GER	Kettlebell Lisa 6-6:50am Studio	Total Body Cond. Rebecca 9:15-10am GER	TRX Circuit Tyler 6:15-7am GER	Group Cycle Rotation 8:15-9am GER
	Zumba Denise 9-9:50am CR	M4BB Glenda 10:30-11:30am CR	Zumba Denise 9-9:50am CR	M4BB Jackie 10:30-11:30am CR	Zumba Denise 9-9:50am CR	Body Pump Rotation 9:30-10:30am GER
	Group Cycle Jim 9:15-10am GER	Body Pump Takara 12:15-1pm GER	Body Pump Loida 9-10am GER	TRX Circuit Tyler 12:15-1pm GER	Yoga MaryBeth 10:15-11am CR	Zumba Denise 11am-noon CR
	Yoga Jackie 10:15-11am CR	Barre Rita 5:45-6:30pm GER	Yoga Meryl 10:15-11am CR	Body Pump Rita 5:30-6:30pm GER	SS Boom Muscle Shashu 10:30-11:30 GER	
	SS Boom Muscle Shashu 10:30-11:30 GER	Dance Fitness** Annette 5:45-6:30pm CR	SS Boom Muscle Shashu 10:30-11:30 GER	Dance Fitness Meghan 5:30-6:30m CR	Body Pump Melody 12:15-1pm GER	
	Chair Yoga Kyle 12-12:50pm CR	Yoga Elizabeth 6:45-7:45pm CR	SS Classic** Annie 12-1250 pm GER	Group Cycle Olivia 6:45-7:30pm GER		
	Total Body Cond. Rebecca 12:15-1pm GER	Group Cycle Olivia 6:45-7:30pm GER	FitCamp** Steph 4:45-5:30pm CR	Barre Rita 6:45-7:30pm CR		
	Body Pump Kelly 4:45-5:45pm GER		Body Pump Kelly 4:45-5:45pm GER			** Class begins the week of 9/12
	Dance Fitness Kim 5:30-6:30pm CR		Womens Self Defense** Steve 6:00-7:00pm CR			Class requires preregistration and payment.
	Body Balance Janet 6-7pm GER		Body Balance Janet 6-7pm GER			

All classes require registration via MotionVibe.

Schedule subject to change. See MotionVibe for the most up to date information. Register for classes as early as 7am the day prior using our YMCA of Greater Kalamazoo MotionVibe App or online at KzooyymcaMotionVibe.com.

For a better us.