



# GROUP EX SCHEDULE

Fall 2023— begins September 11, 2023  
THE YMCA OF GREATER KALMAZOO

# MAPLE

1001 W. Maple Street

Questions? Contact Association Health and Wellness Director Rebecca Lillie

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For a better us.®

All classes require registration via MotionVibe. Register for classes as early as 7am the day prior using the MotionVibe app or at kzooyymcaMotionVibe.com. Schedule subject to change. For most updated information, see MotionVibe.

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>TBC- Circuit</b> Nate 5:45-6:30am GER	<b>Group Cycle</b> Cathy 5:30-6:15am GER	<b>TBC- Circuit</b> Tyler 5:45-6:30am GER	<b>Group Cycle</b> Cathy 5:30-6:15am GER	<b>Kettlebell</b> Lisa 6-6:50am Studio	
	<b>Kettlebell</b> Lisa 6-6:50am Studio	<b>Barre</b> Rita 9:15-10am GER	<b>Kettlebell</b> Lisa 6-6:50am Studio	<b>Total Body Cond.</b> Rebecca 9:15-10am GER	<b>TRX Circuit</b> Tyler 6:15-7am GER	<b>Group Cycle</b> Takara 8:15-9am GER
	<b>Zumba</b> Denise 9-9:50am CR	<b>M4BB</b> Glenda 10:30-11:30am CR	<b>Zumba</b> Denise 9-9:50am CR	<b>Postpartum Yoga</b> Nora 10-11:15am Studio Loft	<b>Zumba</b> Denise 9-9:50am CR	<b>Core &amp; Mobility</b> Tyler 9:15-10am CR
	<b>Group Cycle</b> Jim 9:15-10am GER	<b>SS Circuit</b> Takara 11-11:50am GER	<b>Body Pump</b> Rita 9-10am GER	<b>M4BB</b> Jackie 10:30-11:30am CR	<b>Total Body Cond.</b> Ashley 9:15-10am GER	<b>Body Pump</b> Takara 9:30-10:30am GER
	<b>Yoga</b> Jackie 10:15-11am CR	<b>Body Pump</b> 12-1pm Takara GER	<b>Yoga</b> Kyle 10:15-11:15am CR	<b>TRX Circuit</b> Hannah 12:15-1pm GER	<b>Yoga</b> MaryBeth 10:15-11:15am CR	<b>Zumba</b> Denise 11am-noon CR
	<b>SS Boom Muscle</b> Shashu 10:30-11:30am GER	<b>W.O.W</b> Ashley 4:30-5:15 GER	<b>SS Boom Muscle</b> Shashu 10:30-11:30am GER	<b>Barre</b> Rita 4:30-5:15pm CR	<b>SS Boom Muscle</b> Shashu 10:30-11:30am GER	
	<b>Gentle Yoga</b> Kyle 12-12:50pm CR	<b>Prenatal Yoga</b> Nora 5:30-6:30pm Studio Loft	<b>SS Classic</b> Annie 12-12:50pm GER	<b>Body Pump</b> Rita 5:30-6:30pm GER	<b>Gentle Yoga</b> Kyle 12-12:50pm CR	
	<b>Total Body Cond.</b> Rebecca 12:15-1pm GER	<b>Family Nature Walk</b> Rebecca 5:15-6pm Main Lobby	<b>FitCamp</b> Melody 5-5:30pm CR	<b>Dance Fitness</b> Meghan 5:30-6:30m CR	<b>Body Pump</b> Melody 12-1pm GER	
	<b>Body Pump</b> Kelly 4:45-5:45pm GER	<b>Dance Fitness</b> Annette 5:30-6:30pm CR	<b>Body Pump</b> Kelly 4:45-5:45pm GER	<b>Postpartum Yoga</b> Nora 5:30-6:45pm Studio Loft		
	<b>SHINE Dance Fit.</b> Kim 5:30-6:30pm CR	<b>Barre</b> Olivia 5:45-6:30pm GER	<b>Zumba</b> Kelly 5:45-6:30 CR	<b>Group Cycle</b> Olivia 6:45-7:30pm GER		Class requires pre-registration and payment. Session begins September 11
	<b>Body Balance</b> Janet 6-7pm GER	<b>Yoga</b> Kyle 6:45-7:45pm CR	<b>Womens Self-Defense</b> Steve 6-7pm Studio Loft			
	<b>Move!</b> Kelsi 6:45-7:30pm CR	<b>Group Cycle</b> Olivia 6:45-7:30pm GER	<b>Body Balance</b> Janet 6-7pm GER			<i>Revised 9/8/23</i>