



GROUP EX SCHEDULE

Fall 1 2026 effective 9/7/26
THE YMCA OF GREATER KALMAZOO

MAPLE

1001W. Maple Street

Questions? Contact Association Health
and Wellness Director Rebecca Lillie
RLillie@kzooymca.org | (p) 269-345-9622 ext. 153

For a better us.®

All classes require registration via MotionVibe. For classes before 1pm, registration opens at 7am the day prior. For classes at and after 1pm, registration opens at 9am. Schedules are subject to change. For most updated information, see MotionVibe.

SUN	MON	TUE	WED	THU	FRI	SAT
	TBC- Circuit 5:45-6:30am Nate/GER	Group Cycle 6-6:45am Cathy/GER	TBC- Circuit 5:45-6:30am Tyler/GER	Group Cycle 6-6:45am Cathy/GER	TRX- Circuit 5:45-6:30am Tyler/GER	
	Kettlebell 6-6:50am Lisa/Studio	Barre 9:15-10:15am Rita/GER	Kettlebell 6-6:50am Lisa/Studio	Body Balance 9-10 am Sara/CR	Kettlebell 6-6:50am Lisa/Studio	Group Cycle 8:15-9am Takara/GER
	Body Pump 12-1pm Sara/GER	M4BB 10:30am-11:30 Glenda/CR	Zumba Tone 9-9:50am Denise/CR	Total Body Cond. 9:15-10am Rebecca/GER	Zumba 9-9:50am Denise/CR	Pilates 9-9:50am Ashley/CR
	Zumba 9-9:50am Denise/CR		Body Pump 9-10am Becky/GER	M4BB 10:30am-11:30 Jackie/CR	Core & Mobility 9:15-10am Rebecca/GER	Body Pump 9:15-10:15am Takara/GER
	Group Cycle 9-9:50am Mary/GER	SS Circuit 11-11:50pm Jane/GER	Yoga 10:15am-11:15pm Kyle/CR	Sculpt 11-11:50am Kim/GER	Yoga 10:15-11:15am Mary Beth/CR	Body Combat 10:30-11:30am Rita/GER
	Yoga 10:15-11am Jackie/CR	Total Body Cond. 12:15-1pm Sara/GER	SS Boom Muscle 10:30-11:45 am Shashu/GER	TRX Circuit 12:15-1pm Becky/GER	SS Boom Muscle 10:30-11:45 am Shashu/GER	Zumba 11am-noon Denise/CR
	SS Boom Muscle 10:30-11:45am Shashu/GER		SS Classic 12-12:50pm Jane/GER		Gentle Yoga 12-12:50pm Kyle/CR	
	Gentle Yoga 12-12:50pm Kyle/CR		Pilates 12:10-1pm Sara/CR		Body Pump 12-1pm Vana/GER	
	Sculpt 12:15-105pm Kim/GER					Specialty Classes Require pre registra- tion and a fee.
	Body Pump 4:45-5:45pm Kelly/GER	BodyBalance 4:30-5:20pm Becky /GER	Kick & Tone 4:45-5:30pm Ashley/CR	Barre 4:30-5:30pm Rita/GER	Zumba Lift 5:30-6:30pm Denise/CR	
	Sculpt 5:30-6:20pm Jennifer /CR	Dance Fitness 5:30-6:30pm Annette/CR	Body Pump 4:45-5:45pm Kelly/GER	Dance Fitness 5:30-6:30m Kelly/CR		
	Body Balance 6-7pm Janet/GER	Barre 5:30-6:20pm Rita/GER	Dance Fitness 5:45-6:45pm Meghan/CR	Body Pump 5:45-6:45pm Rita/GER	Registered members are encouraged to arrive 5 minutes prior to class start time or risk forfeiting their spot to waitlist members who are present. Classes limited to 2 per day.	
	Pilates 6:45-7:35pm Ashley/CR	BodyCombat 6:30-7:20pm Rita/GER	Body Balance 6-7pm Janet/GER			
	BodyPump 7:15-815pm Melody/GER	Yoga 6:45-7:45pm Kyle/CR	Restorative Yoga 6:00-7:15pm Kyle/Studio			
		Prenatal Yoga 6:00-7:30pm Nora/Studio				Updated 9/3/26