GROUP EX SCHEDULE

Fall 2026

THE YMCA OF GREATER KALMAZOO

MAPLE

1001 W. 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. Registration opens 25 hours prior to the scheduled class time. Schedules are subject to change. For most updated information, see the app.

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/CR	**Barre** 9:15-10:15am Rita/GER	**Kettlebell** 6-6:50am Lisa/CR	**Body Balance** 9-10am Sara/CR	**Kettlebell** 6-6:50am Lisa/CR	**Group Cycle** 8:15-9am Takara/GER
	Body Pump 8-850am 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 8-8:50am 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 8-8:50am 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-registration and a fee.
	Body Pump 4:45-5:45pm Kelly/GER	**Body Balance** 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*