



GROUP EX SCHEDULE

Spring 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 kzoymcaMotionVibe.com. Schedule subject to change. For most updated information, see MotionVibe.

SUN	MON	TUE	WED	THU	FRI	SAT
	TBC- Circuit Nate 5:45-6:30am GER	Group Cycle Cathy 5:30-6:15am GER	TBC- Circuit Tyler 5:45-6:30am GER	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	Pilates Kathy 6:15-7am CR	TRX Circuit Tyler 6:15-7am GER	Group Cycle Jim 8:15-9am GER
	Zumba Denise 9-9:50am CR	M4BB Glenda 10:30-11:30am CR	Zumba Denise 9-9:50am CR	BodyBalance Sara 9-9:50am CR	Zumba Denise 9-9:50am CR	Body Pump Takara 9:30-10:30am GER
	Group Cycle Jim 9:15-10am GER	Body Pump Takara 12-1pm GER	Body Pump Loida 9-10am GER	Total Body Cond. Rebecca 9:15-10am GER	Total Body Cond. Ashley 9:15-10am GER	Zumba Denise 11am-noon CR
	Yoga Jackie 10:15-11am CR	W.O.W Ashley 4:30-5:15 GER	Yoga Kyle 10:15-11:15pm CR	M4BB Jackie 10:30-11:30am CR	Yoga MaryBeth 10:15-11:15am CR	
	SS Boom Muscle Shashu 10:30-11:30 GER	Prenatal Yoga Nora 5:30-6:30pm Studio Loft	SS Boom Muscle Shashu 10:30-11:30 GER	TRX Circuit Hannah 12:15-1pm GER	SS Boom Muscle Shashu 10:30-11:30 GER	
	Gentle Yoga Kyle 12-12:50pm CR	Dance Fitness Annette 5:30-6:30pm CR	SS Classic Annie 12-1250 pm GER	Barre Rita 4:30-5:15pm CR	Gentle Yoga Kyle 12-12:50pm CR	
	Total Body Cond. Rebecca 12:15-1pm GER	Barre Olivia 5:45-6:30pm GER	FitCamp Steph 4:45-5:30pm CR	Body Pump Rita 5:30-6:30pm GER	Body Pump Melody 12-1pm GER	
	Body Pump Kelly 4:45-5:45pm GER	Yoga Elizabeth 6:45-7:45pm CR	Body Pump Kelly 4:45-5:45pm GER	Dance Fitness Meghan 5:30-6:30m CR		
	SHiNE Dance Fit- ness Kim 5:30-6:30pm CR	Group Cycle Olivia 6:45-7:30pm GER	Zumba Kelly 5:45-6:30 CR	Group Cycle Olivia 6:45-7:30pm GER		Class requires pre- registration and pay- ment. Session dates: April 24-June 10
	Body Balance Janet 6-7pm GER		Body Balance Janet 6-7pm GER			
						Revised 5/11/23