



GROUP EX SCHEDULE

Winter 2023
THE YMCA OF GREATER KALMAZOO

MAPLE

1001 W. Maple Street

Questions? Contact Association Health
and Wellness Director Rebecca Lillie

RLillie@kzooyymca.org | (p) 269-345-9622 ext. 153

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
	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	
90 Min Ride Jim 11:30am-1pm GER	BodyBalance Jess 6-6:50am CR	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
	Kettlebell Lisa 6-6:50am Studio	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
	Zumba Denise 9-9:50am CR	Body Pump Takara 12-1pm GER	Body Pump Loida 9-10am GER	Total Body Cond. Rebecca 9:15-10am GER	Yoga MaryBeth 10:15-11am CR	Zumba Denise 11am-noon CR
	Group Cycle Jim 9:15-10am GER	Prenatal Yoga Nora 5:30-6:30pm Studio Loft	Yoga Kyle 10:15-11am CR	M4BB Jackie 10:30-11:30am CR	SS Boom Muscle Shashu 10:30-11:30 GER	
	Yoga Jackie 10:15-11am CR	Barre Olivia 5:45-6:30pm GER	SS Boom Muscle Shashu 10:30-11:30 GER	TRX Circuit Tyler 12:15-1pm GER	Chair Yoga Kyle 12-12:50pm CR	
	SS Boom Muscle Shashu 10:30-11:30 GER	Dance Fitness Annette 5:45-6:30pm CR	SS Classic Annie 12-1250 pm GER	Body Pump Rita 5:30-6:30pm GER	Body Pump Melody 12:15-1pm GER	
	Chair Yoga Kyle 12-12:50pm CR	Yoga Elizabeth 6:45-7:45pm CR	FitCamp Steph 4:45-5:30pm CR	Dance Fitness Meghan 5:30-6:30m CR		
	Total Body Cond. Rebecca 12:15-1pm GER	Group Cycle Olivia 6:45-7:30pm GER	Body Pump Kelly 4:45-5:45pm GER	Group Cycle Olivia 6:45-7:30pm GER		
	Body Pump Kelly 4:45-5:45pm GER	Group Cycle Olivia 6:45-7:30pm GER	Zumba Kelly 5:45-6:30 CR	Barre Rita 6:45-7:30pm CR		Class requires pre- registration and pay- ment. Session dates Jan 9- Feb 18
	Dance Fitness Kim 5:30-6:30pm CR		Women's Self Defense Steve 5:45-6:45pm Studio Loft			
	Body Balance Janet 6-7pm GER		Body Balance Janet 6-7pm GER			<i>Revised 1/13/23</i>