



the 		Group Exercise Classes - Maple					February 22- April 17, 2021
Spring 1- 2021							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<b>KB</b> Lisa 6am/GER	<b>Group Cycle</b> Mary 6am/GER	<b>KB</b> Lisa 6am/GER		<b>KB</b> Lisa 6am/GER		
		<b>Pilates</b> Joy 9am/GER		<b>Pilates</b> Joy 9am/GER	<b>BodyFlow</b> Aimee 9am/GER	<b>Group Cycle</b> Mary 8am/GER	
	<b>Zumba</b> Denise 9am/Gym		<b>Zumba</b> Denise 9am/Gym		<b>Zumba</b> Denise 9am/Gym	<b>Body Pump</b> Becky 930pm/GER	
	<b>SS Boom</b> Shashu 10:30/GER	<b>M4BB</b> Glenda 10:30am/GER	<b>SS Boom</b> Shashu 10:30/GER	<b>M4BB</b> Glenda 10:30am/GER	<b>SS Boom</b> Shashu 10:30/GER	<b>Zumba</b> Denise 11am/Gym	
	<b>Body Pump</b> Aimee 4:30pm/GER		<b>Body Pump</b> Aimee 4:30pm/GER		<p><b>NOTE:</b> Registration required for all indoor classes.</p> <p>Register for classes as early as 5am the day prior using our YMCA of Greater Kalamazoo Motion Vibe App or online at <a href="https://kzoymca.com/motionvibe">kzoymca.com/motionvibe</a></p> <p>Speciality Classes begin require pre registration and an additional fee required. (Blue Box)</p>		
	<b>BodyFlow</b> Janet 6pm/GER	<b>Body Pump</b> Sara 530pm/GER	<b>BodyFlow</b> Janet 6pm/GER	<b>Body Pump</b> Becky 530pm/GER			
	<b>Zumba</b> Kim 5:30pm/Gym	<b>Barre</b> Heather 7pm/GER	<b>Zumba</b> Denise 5:30pm/Gym	<b>TRX- Strength&amp;Balance</b> Heather 7pm/GER			

the 		Group Exercise Classes					11/2/2020
* Virtual *							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				<b>Pilates</b> 9am/FB Live Joy M.	<b>Body Flow</b> 9am/FB Live Aimee G.	<b>Cardio &amp; Core</b> 9:30 am/FB Live Sara H.	
	<b>SS Boom</b> 10:30 am/Zoom Shashu B.		<b>SS Boom</b> 10:30 am/Zoom Shashu B.		<b>SS Boom</b> 10:30 am/Zoom Shashu B.		
	<b>Pilates</b> 11:30am/FB Live Joy M.	<b>Barre</b> 11:30am/FB Live Melissa S.	<b>Insanity</b> 11:30/FB Zoom Sara H.	<b>Barre</b> 11:30am/FB Live Melissa S.	<b>Body Pump</b> 11:30am/FB Live Sara H.		
	<b>Classic Strength</b> 12:30/Zoom Annie M.	<b>BodyCombat</b> 4:30pm/FB Michelle C.	<b>SS Yoga</b> 12:30/Zoom Annie M.				
		<b>Strength</b> 6pm/FB Live Sherri V.		<b>Step</b> 6pm/FB Live Anita P.			