
 Group Exercise Classes - Maple Effective April, 19 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Body Pump Aimee 6am/GER	Group Cycle Mary 6am/GER	KB Lisa 6am/GER		KB Lisa 6am/GER	
		Pilates Joy 9am/GER		Pilates Joy 9am/GER	BodyFlow Aimee 9am/GER	Group Cycle Mary 8am/GER
	Zumba Denise 9am/Gym		Zumba Denise 9am/Gym		Zumba Denise 9am/Gym	Body Pump Becky 930pm/GER
	SS Boom Shashu 10:30/GER	M4BB Glenda 10:30am/GER	SS Boom Shashu 10:30/GER	M4BB Glenda 10:30am/GER	SS Boom Shashu 10:30/GER	Zumba Denise 11am/Gym
	Total Body Cond. Rebecca 12:15pm/GER		Body Pump Aimee 4:30pm/GER		Body Pump Sara 12:15/GER	
	Body Pump Aimee 4:30pm/GER	Body Pump Becky 530pm/GER	BodyFlow Janet 6pm/GER	Body Pump Becky 530pm/GER	<p>NOTE: 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 KzoymcaMotionVibe.com</p> <p>Speciality Classes begin require pre registration and an additional fee required. (Blue Box)</p>	
	BodyFlow Janet 6pm/GER	Barre Heather 7pm/GER	Zumba Denise 5:30pm/Gym			
	Zumba Kim 5:30pm/Gym					

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