



|  <b>Group Exercise Classes - Maple Branch</b> <span style="float: right;">10/12/2020</span> |   |   |   |   |   |   |
|--|---|---|---|---|---|---|
| Sunday   | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday                                      |
|  | <b>KB</b><br>Lisa<br><b>6am/GER</b>                   | <b>Group Cycle</b><br>Mary<br><b>6am/GER</b>                    | <b>KB</b><br>Lisa<br><b>6am/GER</b>                   |   | <b>KB</b><br>Lisa<br><b>6am/GER</b>   |   |
|  | <b>Strength in Motion</b><br>Sherri<br><b>9am/GER</b> | <b>Pilates</b><br>Joy<br><b>9am/GER</b>                         | <b>Strength in Motion</b><br>Sherri<br><b>9am/GER</b> | <b>Pilates</b><br>Joy<br><b>9am/GER</b>         | <b>BodyFlow</b><br>Aimee<br><b>9am/GER</b>  | <b>Group Cycle</b><br>Mary<br><b>8am/GER</b>  |
|  | <b>Zumba</b><br>Denise<br><b>9am/Outside</b>          | <b>Total Body Conditioning</b><br>Rebecca<br><b>9am/outside</b> | <b>Zumba</b><br>Denise<br><b>9am/outside</b>          | <b>Trek Fit</b><br>Leigh<br><b>9am/outside</b>  | <b>Zumba</b><br>Denise<br><b>9am/Outside</b>  | <b>Body Pump</b><br>Becky<br><b>930pm/GER</b> |
|  | <b>SS Boom</b><br>Shashu<br><b>10:30/GER</b>          | <b>M4BB</b><br>Glenda<br><b>10:30am/outside</b>                 | <b>SS Boom</b><br>Shashu<br><b>10:30/GER</b>          | <b>M4BB</b><br>Glenda<br><b>10:30am/outside</b> | <b>SS Boom</b><br>Shashu<br><b>10:30/GER</b>  | <b>Zumba</b><br>Denise<br><b>11am/outside</b> |
|  | <b>Kettlebell</b><br>Sherri V.<br><b>2:30/GER</b>     |   | <b>Kettlebell</b><br>Sherri V.<br><b>2:30/GER</b>     |   | <p><b>NOTE:</b><br/>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="http://KzooymcaMotionVibe.com">KzooymcaMotionVibe.com</a></p> <p><b>Speciality Classes begin week of Oct 26th</b> Pre Registration and an additional fee required. (Blue Box)</p> <p><b>YMCA MAPLE Branch</b><br/>1001 W. Maple St.<br/><a href="http://www.kzooymca.org">www.kzooymca.org</a><br/>269.345.9622</p> |   |
|  | <b>Body Pump</b><br>Aimee<br><b>4:30pm/GER</b>        |   | <b>Body Pump</b><br>Aimee<br><b>4:30pm/GER</b>        |   |   |   |
|  | <b>BodyFlow</b><br>Aimee<br><b>6pm/GER</b>            | <b>Body Pump</b><br>Becky<br><b>530pm/GER</b>                   | <b>BodyFlow</b><br>Janet<br><b>6pm/GER</b>            | <b>Body Pump</b><br>Becky<br><b>530pm/GER</b>   |   |   |
|  | <b>Zumba</b><br>Kim<br><b>5:30pm/outside</b>          | <b>Group Cycle</b><br>Heather<br><b>7pm/GER</b>                 | <b>Zumba</b><br>Denise<br><b>5:30pm/outside</b>       |   |   |   |
|  |   |   |   |   |   |   |

|  <b>Group Exercise Classes</b> <span style="float: right;">12-Oct-20</span>   |  |  |   |  |   |   |
|--|--|--|---|--|---|---|
| * Virtual *  |  |  |   |  |   |   |
| Sunday   | Monday   | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday  |
|  | <b>SS Boom</b><br>10:30 am/Zoom<br><b>Shashu B.</b>      |  | <b>SS Boom</b><br>10:30 am/Zoom<br><b>Shashu B.</b> |  | <b>SS Boom</b><br>10:30 am/Zoom<br><b>Shashu B.</b>   | <b>Cardio &amp; Core</b><br>9:30 am/FB Live<br><b>Sara H.</b> |
|  | <b>Pilates</b><br>11:30am/FB Live<br><b>Joy M.</b>       | <b>Barre</b><br>11:30am/FB Live<br><b>Melissa S.</b> | <b>Insanity</b><br>11:30/FB Zoom<br><b>Sara H.</b>  | <b>Barre</b><br>11:30am/FB Live<br><b>Melissa S.</b> | <b>Body Pump</b><br>11:30am/FB Live<br><b>Sara H.</b> |   |
|  | <b>Classic Strength</b><br>12:30/Zoom<br><b>Annie M.</b> | <b>Strength</b><br>6pm/FB Live<br><b>Sherri V.</b>   | <b>SS Yoga</b><br>12:30/Zoom<br><b>Annie M.</b>     | <b>Step</b><br>6pm/FB Live<br><b>Anita</b>           |   |   |
| For Zoom Links please contact Rebecca Lillie (RLillie@kzooymca.org) or Shashu Baraka (Sbaraka@kzooymca.org)<br>Facebook Live classes can be accessed via our Private Member page "YMCA of Greater Kalamazoo: Health and Wellness Group Exercise" |  |  |   |  |   |   |