



GROUP EXERCISE SCHEDULE
October—December 16, 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	KB Lisa 6-7am Studio	Group Cycle Marti 5:15-6am GER	Insanity Shannon 6:-6:50am GER			
	Body Pump Aimee 6-7am GER	Pilates Julia 9-9:50am CR	Zumba Denise 9-9:50am CR	Pilates Julia 9-9:50am CR	Zumba Denise 9-9:50am CR	Group Cycle Marti 8:15-9am CR
	Zumba Denise 9-9:50am CR	Total Body Cond. Ashley 9:15-10am GER	Body Pump Takara 9-10am GER	Total Body Cond. Rebecca 9:15-10am GER	Sculpt Julia 9:15 -10am GER	Body Flow Becky 8-9am CR
	Sculpt Julia 9:15 -10am GER	M4BB Glenda 10:30-11:30am CR	Body Flow Aimee 10:15-11am CR	M4BB Glenda 10:30-11:30am CR	Body Flow Aimee 10:15-11am CR	Body Pump Becky 9:30-10:30am GER
	SS Boom Shashu 10:30-11:30 GER		SS Boom Shashu 10:30-11:30am GR		SS Boom Shashu 10:30-11:30pm GER	Zumba Denise 11am-noon CR
	Total Body Cond. Rebecca 12:15-1pm GER	Body Pump Aimee 12:15-1pm GER		TRX Rebecca 12:15-1pm GER	Body Pump Takara 12:15-1pm GER	
	Body Pump Takara 4:30-5:30pm GER	Body Pump Myisha 5:30-6:30pm GER	Body Pump Aimee 4:30-5:3pm GER	Body Pump Becky 5:30-6:30pm CR		
	PomSquad Kim 5:30-6:30pm CR	Pound Ana 5:30-6:30pm GER	Zumba Carrie 5:30-6:30pm CR	Strong Nation Kim 5:30-6:30pm CR		
	BodyFlow Janet 6-7pm GER	Group Cycle Takara 6:45-7:30pm GER	Body Flow Janet 6-7pm GER	Group Cycle Takara 6:45-7:30pm GER		
			Cardio Kickboxing Carmen 6:45-7:30pm Outdoors			

Schedule subject to change. See MotionVibe for the most up to date information. Registration through MotionVibe is recommended for all indoor classes. Register for classes as early as 7am the day prior using our YMCA of Greater Kalamazoo MotionVibe App or online at KzooyymcaMotionVibe.com.

Specialty Classes (Lavender Box) are fee-based classes that require pre-registration.

For a better us.