



Group Exercise Classes

* Virtual *

11/2/2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Step Challenge 9:30-10:15/Zoom JoAnne S.		Step Challenge 9:30-10:15/Zoom JoAnne S.	Pilates 9am/FB Live Joy M.	Body Flow 9am/FB Live Aimee G.	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/Zoom Michelle C.	SS Yoga 12:30/Zoom Annie M.	SS Yoga 1:30/Zoom Cary S.		
	BarreFusion 5:30pm/Zoom Kelsey S.	Strength 6pm/FB Live Sherri V.	Zumba 7pm/Zoom Carrie O.	Step 6pm/FB Live Anita P.		

For Zoom Links please contact Rebecca Lillie (RLillie@kzooyymca.org) or Shashu Baraka (Sbaraka@kzooyymca.org)
 Facebook Live classes can be accessed via our Private Member page "YMCA of Greater Kalamazoo: Health and Wellness Group Exercise"