



GROUP EX SCHEDULE

Effective January 6, 2025
THE YMCA OF GREATER KALMAZOO

PORTAGE
2900 W. Centre Ave

Questions? Contact Portage Health and Wellness Director Michelle Mickelson
mmickelson@kzooymca.org | (p) 2694594882

For a better us.®

All classes require registration via MotionVibe. Register for classes as early as 7am the day prior using the MotionVibe app or at kzooymcaMotionVibe.com. Schedule subject to change. For most updated information, see MotionVibe.

SUN	MON	TUE	WED	THU	FRI	SAT
	BodyCombat 6:15–7:10am Ashley / GER	Total Body Conditioning 6:30–7:15am Kathy / GER	Group Cycling 6:30–7:20am Takara / Cycle	Total Body Conditioning 6:30–7:15am Kathy / GER	BodyCombat 6:30–7:25am Loida / GER	BodyCombat 8:30–9:25am Rotation / GER
	BodyPump 8:00–9:00am Loida / GER	Hi Lo 8:00–8:50am Lynda / GER	BodyPump 8:00–9:00am Takara / GER	SilverSneakers Circuit 8:00–8:50am Nancy / GER	TRX 6:30–7:20am Becky / Studio	Group Cycling 8:45–9:35am Rotation / Cycle
Sunday Super Seventy	Yoga 9:00–10:00am Kathy / Studio	SHINE Dance Fitness 9:00–9:55am Kim / GER	Step 9:15–9:55am JoAnne / GER	SHINE Dance Fitness 9:00–9:55am Kim / GER	BodyPump 8:00–9:00am Loida / GER	Ring & Roller Pilates 9:00–10:00am Kathy / Studio
12:50pm to 2pm	Step 9:15–9:55am JoAnne / GER	Group Cycling 9:15–10:05am Lynda / Cycle	Sculpt 10:00–10:45am JoAnne / GER	Group Cycling 9:15–10:05am Michelle / Cycle	Vinyasa Yoga 9:00–10:00am Meryl / Studio	BodyPump 9:45–10:45am Rotation / GER
January 12 to February 16	Sculpt 10:00–10:45am JoAnne / GER	SilverSneakers Circuit 10:15–11:05am Nancy / GER	Yoga 10:00–11:00am Sangita / Studio	Classic Strength 10:15–11:05am Cary / GER	Cardio Drumming 9:45–10:30am Bethany / GER	Yoga 10:15–11:15am Kathy / Studio
\$10/\$45	Barre 10:30–11:30am Rita / Studio	Vinyasa Yoga 10:30–11:30am Olivia / Studio	SilverSneakers Classic 11:00–11:50pm Lynda / GER	Barre 10:30–11:30am Karen / Studio	SilverSneakers EnerChi 10:30–11:15am Kathy / Studio	
	SilverSneakers Classic 11:00–11:50am Michelle / GER	SilverSneakers Chair Yoga 11:15am–noon Sangita / GER	TRX 12–12:50pm Becky / Studio	SilverSneakers Chair Yoga 11:15am–noon Cary / GER	SilverSneakers Classic 10:45–11:40am JoAnne / GER	
	Core 12–12:30pm Rita / GER	Ring & Roller Pilates 12:00–12:50pm Kathy / Studio	Cardio Drumming 12:05–12:50pm Bethany / GER	Ring & Roller Pilates 12:00–12:50pm Kathy / Studio	Core 12–12:30pm Janet / GER	
		Total Body Conditioning 12:05–12:50pm Rebecca / GER				Paid programming — register in your Y account for sessions.
	Sculpt 4:30–5:15pm Kathy / GER	BodyCombat 4:30–5:25pm Loida / GER	Sculpt 4:30–5:15pm Michelle / GER	BodyCombat 4:30–5:25pm Juliette / GER		Members must arrive 5 minutes early or their spot
	BodyPump 5:30–6:30pm Chelsea / GER	Group Cycling 5:30–6:20pm Michelle / Cycle	BodyPump 5:30–6:30pm Danielle / GER	Yoga 5:00–6:00pm Rotation / Studio		will be given to waitlist members who are present.
	Yoga 6:00–7:00pm Sarah / Studio	Step 5:45–6:35pm Anita / GER	Core 6:45–7:30pm Rita / GER	Total Body Conditioning 5:45–6:30pm Chelsea / GER		Limit of 2 classes per day per member.
	Zumba 6:45–7:45pm Betty / GER	Yoga 6:45–7:45pm Anita / Studio		Group Cycling 5:45–6:35pm Joanne / Cycle		
				Step 6:45–7:45pm Anita / GER		schedule effective 1/06/25