



GROUP EX SCHEDULE

Effective Oct 7, 2024
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 6:30—7:25am Loida / 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—8:55am Loida / GER	Hi Lo 8:00—8:50am Lynda / GER	BodyPump 8:00—8:55am 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
	Yoga 9:00-9:50am Rotation / 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—8:55am Loida / GER	Pilates 9:00—10:00am Kathy / Studio
	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
	Sculpt 10:00—10:45am JoAnne / GER	SilverSneakers Circuit 10:15-11:05am Nancy / GER	Yoga 10:00—10:50am 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
	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 Classic 10:45—11:40am JoAnne / GER	
	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	Core 12-12:30pm Janet / GER	
	Core 12—12:30pm Rita / GER	Total Body Conditioning 12:05—12:50pm Rebecca / GER	Cardio Drumming 12:05 —12:50pm Bethany / GER	Pilates 12:00—12:50pm Kathy / Studio		
	WOW: Women on Weights 4:30—5:15pm Kathy / GER	BodyCombat 4:30—5:25pm Juliette / GER	WOW: Women on Weights 4:30—5:15pm Michelle / GER	BodyCombat 4:30—5:25pm Juliette / GER		Members must arrive 5 minutes early or their spot will be given to waitlist members who are present.
	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 Kimbreyra / Studio		
	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		Step 6:45 —7:45pm Anita / GER		
						schedule effective 10/07/24