



GROUP EX SCHEDULE

THE YMCA OF GREATER KALMAZOO

PORTAGE

2900 W. Centre Ave

Questions? Contact Portage Health and Wellness Director Michelle Mickelson
mmickelson@kzoymca.org | (p) 269.459.4882

For a better us.®

All classes require registration via MotionVibe. For classes before 1pm, registration opens at 7am the day prior. For classes at and after 1pm, registration opens at 9am the day prior. Schedules are 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
	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
	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	Vinyasa Yoga 10:00–11:00am Olivia / Studio	Yoga 10:30–11:30am 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	SilverSneakers Circuit 10:15–11:05am Nancy / GER	SilverSneakers Classic 11:00–11:50pm Lynda / GER	Barre 10:30–11:30am Rotation / 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 Michelle / GER	BodyCombat 4:30–5:25pm Loida / GER	Sculpt 4:30–5:15pm Kim / 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	Group Cycling 5:45–6:35pm Joanne / Cycle		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		Yoga 6:15–7:15pm Kyle / Studio		
				Step 6:45–7:45pm Anita / GER		schedule effective March 17, 2025