



# GROUP EX SCHEDULE

Effective Sept 9, 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
	<b>BodyCombat</b> 6:30—7:25am Rotation / GER	<b>Total Body Conditioning</b> 6:30—7:15am Rotation / GER	<b>Group Cycling</b> 6:30—7:20am Takara / Cycle	<b>Total Body Conditioning</b> 6:30—7:15am Rotation / GER	<b>BodyCombat</b> 6:30—7:25am Rotation / GER	<b>BodyCombat</b> 8:30—9:25am Rotation / GER
	<b>BodyPump</b> 8:00—8:55am Rotation / GER	<b>Hi Lo</b> 8:00—8:50am Lynda / GER	<b>BodyPump</b> 8:00—8:55am Takara / GER	<b>SilverSneakers Circuit</b> 8:00—8:50am Nancy / GER	<b>TRX</b> 6:30—7:20am Becky / Studio	<b>Group Cycling</b> 8:45—9:35am Rotation / Cycle
	<b>Yoga</b> 9:00-9:50am Rotation / Studio	<b>SHINE Dance Fitness</b> 9:00—9:55am Kim / GER	<b>Step</b> 9:15—9:55am JoAnne / GER	<b>SHINE Dance Fitness</b> 9:00—9:55am Kim / GER	<b>BodyPump</b> 8:00—8:55am Rotation/ GER	<b>BodyPump</b> 9:45—10:45am Rotation / GER
	<b>Step</b> 9:15—9:55am JoAnne / GER	<b>Group Cycling</b> 9:15—10:05am Lynda / Cycle	<b>Sculpt</b> 10:00—10:45am JoAnne / GER	<b>Group Cycling</b> 9:15—10:05am Michelle / Cycle	<b>Vinyasa Yoga</b> 9:00—10:00am Meryl / Studio	<b>Yoga</b> 10:15—11:15am Rotation / Studio
	<b>Sculpt</b> 10:00—10:45am JoAnne / GER	<b>SilverSneakers Circuit</b> 10:15-11:05am Nancy / GER	<b>Yoga</b> 10:00—10:50am Sangita / Studio	<b>Classic Strength</b> 10:15—11:05am Cary / GER	<b>Cardio Drumming</b> 9:45—10:30am Bethany / GER	
	<b>Barre</b> 10:30—11:30am Rita / Studio	<b>Vinyasa Yoga</b> 10:30—11:30am Olivia / Studio	<b>SilverSneakers Classic</b> 11:00—11:50pm Lynda / GER	<b>Barre</b> 10:30—11:30am Karen / Studio	<b>SilverSneakers Classic</b> 10:45—11:40am JoAnne / GER	
	<b>SilverSneakers Classic</b> 11:00 -11:50am Michelle / GER	<b>SilverSneakers Chair Yoga</b> 11:15am—noon Sangita / GER	<b>TRX</b> 12-12:50pm Becky / Studio	<b>SilverSneakers Chair Yoga</b> 11:15am-noon Cary / GER	<b>Core</b> 12-12:30pm Janet / GER	
	<b>Core</b> 12—12:30pm Rita / GER	<b>Total Body Conditioning</b> 12:05—12:50pm Rebecca / GER	<b>Cardio Drumming</b> 12:05 —12:50pm Bethany / GER			
	<b>WOW: Women on Weights</b> 4:30—5:15pm Rotation / GER	<b>BodyCombat</b> 4:30—5:25pm Juliette / GER	<b>WOW: Women on Weights</b> 4:30—5:15pm Michelle / GER	<b>BodyCombat</b> 4:30—5:25pm Juliette / GER		<b>Members must arrive 5 minutes early or their spot will be given to waitlist members who are present.</b>
	<b>BodyPump</b> 5:30—6:30pm Chelsea / GER	<b>Group Cycling</b> 5:30—6:20pm Michelle / Cycle	<b>BodyPump</b> 5:30—6:30pm Danielle / GER	<b>Yoga</b> 5:00—6:00pm Kimbreyra / Studio		
	<b>Yoga</b> 6:00—7:00pm Sarah / Studio	<b>Step</b> 5:45—6:35pm Anita / GER	<b>Core</b> 6:45— 7:30pm Rita / GER	<b>Total Body Conditioning</b> 5:45—6:30pm Chelsea / GER		<b>Limit of 2 classes per day per member.</b>
	<b>Zumba</b> 6:45 —7:45pm Betty / GER	<b>Yoga</b> 6:45—7:45pm Anita / Studio		<b>Step</b> 6:45 —7:45pm Anita / GER		
						schedule effective 9/09/24