



# GROUP EX SCHEDULE

Effective July 5, 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 Loida / GER	<b>Total Body Conditioning</b> 6:30—7:15am Kathy / GER	<b>Run Group 2-4 miles</b> 6:30am Loida / meet lobby	<b>Total Body Conditioning</b> 6:30—7:15am Kathy / GER	<b>BodyCombat</b> 6:30—7:25am Loida / GER	<b>BodyCombat</b> 8:30—9:25am Rotation / GER
	<b>BodyPump</b> 8:00—8:55am Loida / GER	<b>Hi Lo</b> 8:00—8:50am Lynda / GER	<b>Group Cycling</b> 6:30—7:20am Takara / Cycle	<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 Vivek / Studio	<b>SHINE Dance Fitness</b> 9:00—9:55am Kim / GER	<b>BodyPump</b> 8:00—8:55am Becky / GER	<b>SHINE Dance Fitness</b> 9:00—9:55am Kim / GER	<b>BodyPump</b> 8:00—8:55am Loida / GER	<b>Pilates or Barre</b> 9:00—10:00am Rotation / Studio
	<b>Step</b> 9:10—9:50am JoAnne / GER	<b>Group Cycling</b> 9:15—10:05am Lynda / Cycle	<b>Pilates</b> 8:00- 9:00am Kathy / Studio	<b>Group Cycling</b> 9:15—10:05am Michelle / Cycle	<b>Vinyasa Yoga</b> 9:00—10:00am Meryl / Studio	<b>BodyPump</b> 9:45—10:45am Rotation / GER
	<b>Sculpt</b> 10:00—10:45am JoAnne / GER	<b>SilverSneakers Circuit</b> 10:15-11:05am Nancy / GER	<b>Step</b> 9:10—9:50am JoAnne / GER	<b>Classic Strength</b> 10:15—11:10am Cary / GER	<b>SilverSneakers Classic</b> 10:45—11:40am JoAnne / GER	<b>Yoga</b> 10:15—11:15am Rotation / Studio
	<b>Barre</b> 10:30—11:30am Rita / Studio	<b>SilverSneakers Chair Yoga</b> 11:15am—noon Sangita / GER	<b>Sculpt</b> 10:00—10:45am JoAnne / GER	<b>Barre</b> 10:30—11:30am Karen / Studio	<b>Core</b> 12-12:30pm Janet / GER	
	<b>SilverSneakers Classic</b> 11:00 -11:50am Michelle / GER	<b>Vinyasa Yoga</b> 12—12:50 pm Olivia / Studio	<b>Yoga</b> 10:00—10:50am Sangita / Studio	<b>SilverSneakers Chair Yoga</b> 11:15am-noon Cary / GER		
	<b>Core</b> 12—12:30pm Rita / GER	<b>Total Body Conditioning</b> 12:05—12:50pm Rebecca / GER	<b>SilverSneakers Classic</b> 11:00—11:50pm Lynda / GER			
			<b>TRX</b> 12-12:50pm Becky / Studio			
	<b>WOW: Women on Weights</b> 4:30—5:15pm Kathy / 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</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 Kyle / Studio		<b>waitlist members who are present.</b>
	<b>Yoga</b> 6:00—7:00pm Sarah / Studio	<b>Step</b> 5:45—6:35pm Anita / GER	<b>Barre</b> 6:10—7:10pm Karen / Studio	<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>Core</b> 6:45- 7:30pm Rita / GER	<b>Step</b> 6:45 —7:45pm Anita / GER		
						schedule effective 7/5/24