
 Group Exercise Classes - Portage Effective 7/19/2021						
Summer						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BodyPump 8-8:55am Melody		BodyCombat 6-6:55a Loida		BodyCombat 6-6:55a Loida	
	Step Challenge 9:30-10:15am JoAnne	Zumba 9-9:55a Carrie	BodyPump 8-8:55am Melody	Zumba 9-9:55a Carrie	BodyPump 8-8:55am Melody	BodyCombat 8:30-9:25a Michelle
	Silver Sneakers Classic 10:45-11:40 JoAnne	Group Cycling 9-9:45a Lynda	Yoga 9:00pm-9:50pm S Ashley	Classic Strength 10:15-11:15am Cary	PomSquad 9:15-10:15a Kim	BodyPump 10:30-11:30a Rotation
		Barre 10:30-11:30am Melissa	Step Challenge 9:30-10:15am JoAnne	Silver Sneakers Chair Yoga 11:15-12:00 Cary	Silver Sneakers Classic 10:45-11:40 JoAnne	
	BodyPump 5:30 - 6:25p Loida	BodyCombat 4:30-5:25p Michelle	Silver Sneakers Classic 10:45-11:40a Lynda	Barre 11:30a-12:20p Kelsey		
	Barre Fusion 5:30 - 6:25p S Kelsey	Group Cycle 5:30-6:30 Kelsey	BodyPump 5:30-6:25p Becky	BodyCombat 4:30-5:25p Michelle	<p>NOTE:</p> <p>Registration required for all indoor classes. Register for classes as early as 7am the day prior using our YMCA of Greater Kalamazoo Motion Vibe App or online at KzoomcaMotionVibe.com</p> <p>Speciality Classes require pre registration and an additional fee.</p>	
	Zumba 7-7:50p Denise	Barre 6:30-7:15pm S Kelsey	Zumba 7-7:50p Carrie	BodyPump 6-6:55p Danielle		
		Step 6:45-7:30pm Anita		Yoga 6:00pm-7:00pm S Sarah		

 Group Exercise Classes						
* Virtual *						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	KB Lisa 6am/zoom		Insanity 6:00am/FB Live Sara H.			
	SS Boom 10:30 am/Zoom Shashu B.	Pilates 9am/FB Live Joy M.	SS Boom 10:30 am/Zoom Shashu B.	Pilates 9am/FB Live Joy M.	SS Boom 10:30 am/Zoom Shashu B.	
					Body Pump 12:15pm/FB Live Sara H.	