



**Group Exercise Classes - Portage  
Fall 2021**

Effective  
Sept. 7, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Zumba</b> 9-9:55am <b>Carrie</b>	<b>BodyCombat</b> 6-6:55am <b>Loida</b>	<b>Zumba</b> 9-9:55am <b>Carrie</b>	<b>BodyCombat</b> 6-6:55am <b>Loida</b>	
	<b>BodyPump</b> 8-8:55am <b>Melody</b>	<b>Group Cycling</b> 9-9:45am S <b>Lynda</b>	<b>BodyPump</b> 8-8:55am <b>Melody</b>	<b>Barre</b> 10:30-11:30am S <b>Kelsey</b>	<b>BodyPump</b> 8-8:55am <b>Melody</b>	<b>BodyCombat</b> 8:30-9:25a <b>Michelle C</b>
	<b>Step Challenge</b> 9:30-10:15am <b>JoAnne</b>	<b>Barre</b> 10:30-11:30am S <b>Melissa</b>	<b>Yoga</b> 9-9:50am <b>Ashley</b>	<b>Strength &amp; Range of Motion</b> 12:30-1:15pm <b>Cary</b>	<b>PomSquad</b> 9:15-10:15a <b>Kim</b>	<b>BodyPump</b> 9:45-10:45am <b>Rotation</b>
	<b>Silver Sneakers Classic</b> 10:45-11:40am <b>JoAnne</b>	<b>TRX</b> 12:00-12:50pm <b>Rebecca</b>	<b>Step Challenge</b> 9:30-10:15am <b>JoAnne</b>	<b>Silver Sneakers Chair Yoga</b> 1:30-2:25pm <b>Cary</b>	<b>Silver Sneakers Classic</b> 10:45-11:40am <b>JoAnne</b>	
	<b>BodyPump</b> 5:30-6:25pm S <b>Jamie</b>	<b>BodyCombat</b> 4:30-5:25pm <b>Michelle</b>	<b>Silver Sneakers Classic</b> 10:45-11:40am <b>Lynda</b>	<b>BodyCombat</b> 4:30-5:25pm <b>Michelle</b>		
	<b>Barre Fusion</b> 5:30-6:25pm S <b>Kelsey</b>	<b>Group Cycling</b> 5:30-6:15pm S <b>Kelsey</b>	<b>BodyPump</b> 5:30-6:25pm <b>Becky</b>	<b>BodyPump</b> 6-6:55pm <b>Danielle</b>	<p>Schedule subject to change, see MotionVibe for most up to date information.</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 <a href="http://KzooymcaMotionVibe.com">KzooymcaMotionVibe.com</a></p> <p>Speciality Classes (Blue Box) are fee-based classes that require pre-registration.</p>	
	<b>Zumba</b> 7-7:50pm <b>Denise</b>	<b>Step</b> 5:45-6:30pm <b>Anita</b>	<b>Zumba</b> 7-7:50pm <b>Denise</b>	<b>Yoga</b> 5:30-6:30pm S <b>Sarah</b>		
		<b>Barre</b> 6:30-7:15pm S <b>Kelsey</b>		<b>Womens Self Defense</b> 7-8 pm <b>Steve</b>		
		<b>Yoga</b> 6:45-7:45pm <b>Anita</b>				