



GROUP EX SCHEDULE

Effective April 18, 2024
THE YMCA OF GREATER KALMAZOO

PORTAGE
2900 W. Centre Ave

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

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
	BodyCombat 6:30—7:25am Melody / 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—8:55am Melody / GER	Hi Lo 8:00—8:50am Lynda / GER	BodyPump 8:00—8:55am Melody / GER	SilverSneakers Circuit 8:00—8:50am Nancy / GER	BodyPump 8:00—8:55am Loida / GER	Group Cycling 8:45—9:35am Rotation / Cycle
	Yoga 9:00-9:50am Vivek / Studio	SHINE Dance Fitness 9:00—9:55am Kim / GER	Step 9:10—9:50am JoAnne / GER	SHINE Dance Fitness 9:00—9:55am Kim / GER	Cardio Drumming 9:15—10:15am Bethany / GER	Pilates or Barre 9:00—10:00am Rotation / Studio
	Step 9:10—9:50am 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 10:15—11:15am Meryl / Studio	BodyPump 9:45—10:45am Rotation / GER
	Sculpt 10:00—10:45am JoAnne / GER	SilverSneakers Circuit 10:15-11:05am Nancy / GER	Yoga 10:00—10:50am Sangita / Studio	Classic Strength 10:15—11:10am Cary / GER	SilverSneakers Classic 10:45—11:40am JoAnne / GER	Yoga 10:15—11:15am Rotation / Studio
	Barre 10:30—11:30am Rita / Studio	SilverSneakers Chair Yoga 11:15am—noon Sangita / GER	SilverSneakers Classic 11:00—11:50pm Lynda / GER	Barre 10:30—11:30am Karen / Studio	Core 12-12:30pm Janet / GER	
	SilverSneakers Classic 11:00 -11:50am Michelle / GER	Vinyasa Yoga 12—12:50 pm Olivia / Studio	TRX 12-12:45pm Becky / Studio	SilverSneakers Chair Yoga 11:15am-noon Cary / GER		
	Core 12—12:30pm Rita / GER	Total Body Conditioning 12:05—12:50pm Rebecca / GER	Cardio Drumming 12—12:45pm Bethany / GER	PiYo 12—12:50pm Kimbreyia / Studio		
				BodyPump 12:10—1 pm Melody / GER		
	WOW: Women on Weights 4:30—5:15pm Melody / GER	BodyCombat 4:30—5:25pm Loida / GER	WOW: Women on Weights 4:30—5:15pm Michelle / GER	BodyCombat 4:30—5:25pm Melody / GER		Members must arrive 5 minutes early or their spot will be given to
	BodyPump 5:30—6:30pm Loida / GER	Group Cycling 5:30—6:20pm Michelle / Cycle	BodyPump 5:30—6:30pm Danielle / GER	Yoga 5:00—5:50pm Vivek / Studio		waitlist members who are present.
	Yoga 6:00—7:00pm Sarah / Studio	Step 5:45—6:35pm Anita / GER	Barre 6:10—7:10pm Karen / Studio	Total Body Conditioning 5:45—6:30pm Chelsea / GER		
	Zumba 6:45 —7:45pm Betty / GER	Yoga 6:45—7:45pm Anita / Studio	Core 6:45— 7:15pm Rita / GER	Step 6:45 —7:45pm Anita / GER		
						schedule effective 4/18/24