GROUP EX SCHEDULE

Effective March 22, 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
	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	**Dance Fitness** 9:15—10:15am Kelly / 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	**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 3/22/24