



For a better us.®

# GROUP EX SCHEDULE

THE YMCA OF GREATER KALAMAZOO

**PORTAGE**  
2900 W. Centre Ave  
Questions?

Contact Portage Health and Wellness Director  
Ashley Seiler— aseiler@kzooyymca.org  
(p) 269.459.4882

All classes require registration via MotionVibe. For classes before 1pm, registration opens at 7am the day prior. For classes at and after 1pm, registration opens at 9am the day prior. Schedules are subject to

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>BodyCombat</b> 6:15—7:10am Ashley A./ GER	<b>Total Body Conditioning</b> 6:30—7:15am Ashley A. / GER	<b>Group Cycling</b> 6:30—7:20am Takara / Cycle	<b>Total Body Conditioning</b> 6:30—7:15am Amy G. / GER	<b>BodyCombat</b> 6:30—7:25am Amy C. / GER	<b>BodyCombat</b> 8:30—9:25am Rotation / GER
	<b>BodyPump</b> 8:00—9:00am Sara / GER	<b>Hi Lo</b> 8:00—8:50am Lynda / GER	<b>BodyPump</b> 8:00—9:00am Rita / GER	<b>Group Cycling</b> 8:00—8:50am Kelly/ Cycle	<b>TRX</b> 6:30—7:20am Becky / Studio	<b>Group Cycling</b> 8:45—9:35am Rotation / Cycle
	<b>Yoga</b> 9:15-10:15am Sangita / Studio	<b>SHINE Dance Fitness</b> 9:00—9:55am Kim / GER	<b>Step</b> 9:15—9:55am JoAnne / GER	<b>SilverSneakers Circuit</b> 8:00-8:50am Nancy / GER	<b>BodyPump</b> 8:00—9:00am Becky / GER	<b>Yoga</b> 9am—10am Rotation / Studio
	<b>Step</b> 9:15—9:55am JoAnne / GER	<b>Group Cycling</b> 9:15—10:05am Lynda / Cycle	<b>Sculpt</b> 10:05—10:50am JoAnne / GER	<b>SHINE Dance Fitness</b> 9:00—9:55am	<b>Vinyasa Yoga</b> 9:00—10:00am Meryl / Studio	<b>BodyPump</b> 9:45—10:45am Rotation / GER
	<b>Sculpt</b> 10:05—10:50am JoAnne / GER	<b>Yoga</b> 10:00—11:00am Sangita / Studio	<b>Vinyasa Yoga</b> 10:30—11:30am Olivia / Studio	<b>Classic Strength</b> 10:15—11:05am Cary / GER	<b>Cardio Drumming</b> 9:45—10:30am Bethany / GER	<b>Yoga</b> 10:15—11:15am Rotation / Studio
	<b>Barre</b> 11:00—11:50am Rita / GER	<b>SilverSneakers Circuit</b> 10:15-11:05am Nancy / GER	<b>SilverSneakers Classic</b> 11:00—11:50pm Lynda / GER	<b>Barre</b> 10:30—11:30am Jane / Studio	<b>Sculpt</b> 10:30—11:30am Jane / Studio	
	<b>TRX</b> 12:00-12:50pm Ashley S. / Studio	<b>SilverSneakers Chair Yoga</b> 11:15am—noon Sangita / GER	<b>TRX</b> 12-12:50pm Becky / Studio	<b>SilverSneakers Chair Yoga</b> 11:15am-noon Cary / GER	<b>SilverSneakers Classic</b> 10:45—11:40am JoAnne / GER	
	<b>Core</b> 12:00-12:30pm Rita / GER	<b>Total Body Conditioning</b> 12:05—12:50pm Rebecca / GER		<b>Total Body Conditioning</b> 12:05—12:50pm Ashley S. / GER	<b>Core</b> 12-12:30pm Janet / GER	
		<b>Livestrong*</b> 1pm—2:30pm Shashu / Studio		<b>Livestrong*</b> 1pm—2:30pm Shashu / Studio		<b>Paid program-</b> <b>ming — register</b> <b>in your Y account</b> <b>for sessions.</b>
	<b>Sculpt</b> 4:30—5:15pm Jane / GER	<b>BodyCombat</b> 4:30—5:25pm Juliette / GER	<b>Sculpt</b> 4:30—5:15pm Kelly / GER	<b>BodyCombat</b> 4:30—5:25pm Juliette / GER		<b>Members must</b> <b>arrive 5 minutes</b> <b>early or their</b> <b>spot will be given</b>
	<b>BodyPump</b> 5:30—6:30pm Vana / GER	<b>Group Cycling</b> 5:30—6:20pm Grace / Cycle	<b>BodyPump</b> 5:30—6:30pm Danielle / GER	<b>Step</b> 5:40—6:30pm Anita/ GER		<b>to waitlist</b> <b>members who</b> <b>are present.</b>
	<b>Yoga</b> 6:00—7:00pm Sarah / Studio	<b>Step</b> 5:40—6:30pm Anita / GER	<b>Core</b> 6:45- 7:30pm Rita / GER	<b>Group Cycling</b> 5:45—6:35pm Joanne / Cycle		<b>Limit of 2 classes</b> <b>per day per</b> <b>member.</b>
	<b>Zumba</b> 6:45 —7:45pm Denise / GER	<b>Yoga</b> 6:45—7:45pm Anita / Studio		<b>Total Body Conditioning</b> 6:45 —7:30pm Chelsea / GER		<b>*Medical clearance</b> <b>required. Reach out</b> <b>to Shashu Baraka</b> <b>for any questions*</b>
				<b>Yoga</b> 7:00 —8:00pm Kyle / Studio		<b>schedule</b> <b>effective</b> <b>April 1, 2026</b>