



GROUP EX SCHEDULE

January—March 2023
THE YMCA OF GREATER KALMAZOO

PORTAGE
2900 W. Centre Ave

Questions? Contact PortageHealth and Wellness Director Ashley Loescher
aloescher@kzoymca.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 kzoymcaMotionVibe.com. Schedule subject to change. For most updated information, see MotionVibe.

SUN	MON	TUE	WED	THU	FRI	SAT
	Pilates 6:15—7:00am Kathy / GER	Hi Lo 8:00—8:50am Lynda / GER	Group Cycling 6:30—7:20am Carolyn / Cycle	Silver Sneakers Classic 8:00—8:50am Michelle / GER	BodyCombat 6:00—6:55am Loida / GER	BodyCombat 8:30—9:25am Loida / GER
	BodyPump 8:00—8:55am Melody / GER	Dance Fitness 9:00—9:55am Kim / GER	BodyPump 8:00—8:55am Melody / GER	Dance Fitness 9:00—9:55am Kim / GER	BodyPump 8:00—8:55am Loida / GER	Group Cycling 8:45—9:30am Michelle / Cycle
	Yoga 9:00—9:50am Philip / Studio	Group Cycling 9:15—10:05am Lynda / Studio	Step Challenge 9:15—9:55am JoAnne / GER	Group Cycling 9:15—10:05am Michelle / Cycle	Tai Chi 8:30—9:30am Ryan / Studio	Pilates 9:00—10:00am Kathy / Studio
	Step Challenge 9:15—9:55am JoAnne / GER	Classic Strength 10:15—11:10am Cary / GER	Sculpt 10:00—10:45am JoAnne / GER	Classic Strength 10:15—11:10am Cary / GER	Dance Fitness 9:15—10:15am Hilary / GER	BodyPump 9:45—10:45am Rotating / GER
	Sculpt 10:00—10:45am JoAnne / GER	Tai Chi 10:45—11:30am Ryan / Studio	Yoga 10:00—10:50am Ashley / Studio	Barre 10:30—11:30am Karen / Studio	Yoga 10:00—10:50pm Meryl / Studio	Group Cycling 10:00—10:55am Rotating / Cycle
	Barre 10:30—11:30am Rita / Studio	Chair Yoga 11:15a—12:00pm Philip / GER	Silver Sneakers Classic 11:00—11:50am Lynda / GER	Silver Sneakers Chair Yoga 11:15a-12:00pm Cary / GER	Silver Sneakers Classic 10:45—11:40am JoAnne / GER	Yoga 10:15—11:15am Kathy / Studio
	Silver Sneakers Classic 11:00—11:50am Michelle / GER	Total Body Conditioning 12:05—12:50pm Rebecca / GER	Silver Sneakers Circuit 12:10—1:05pm Nancy / GER	Total Body Conditioning 12:05—12:50pm Ashley S. / GER	**Women's Self Defense 12:00—1:00pm Preregister/GER	
	Silver Sneakers Boom Mind 12:00—12:45pm Ashley L. / Studio	*LiveStrong 1:00—2:15pm Preregister/Studio	TRX Circuit 4:30—5:20pm Ashley S. / Studio	*LiveStrong 1:00—2:15pm Preregister/Studio	Silver Sneakers Circuit 12:00—12:55pm Nancy / GER	
	BodyCombat 4:30—5:25pm Loida / GER	BodyCombat 4:30—5:25pm Melody / GER	BodyPump 5:30—6:25pm Danielle /GER	BodyCombat 4:30—5:25pm Melody / GER	Dance Fitness 4:30—5:30pm Annette / GER	
	WOW: Women on Weights 4:30—5:15pm Ashley S. / Studio	Group Cycling 5:30—6:25pm Michelle / Cycle	Yoga 6:00—7:00pm Ashley I. / Studio	Group Cycling 5:45—6:35pm Jon / Cycle	**Korean Karate 6:00—7:30pm Preregister/GER	
	BodyPump 5:45—6:40pm Loida / GER	FitCamp (Ages 8+) 5:45—6:15pm Melody / Gym (Blue Court)	Dance Fitness 6:45—7:45pm Hilary / GER	FitCamp TEEN (Ages 13+) 5:45—6:15pm Ashley S. / Gym (Blue Court)		*Chronic disease programming. Enrollment and medical clearance required.
	Yoga 6:00—7:00pm Sarah / Studio	Step 5:45—6:40pm Anita / GER		Total Body Conditioning 5:45—6:30pm Chelsea / GER		**Preregistration required.
	Zumba 7:00—7:50pm Denise / GER	Yoga 6:45—7:45pm Anita / Studio		Yoga 6:30—7:30pm Philip / Studio		
				Step 6:45 —7:45pm Anita / GER		