



GROUP EX SCHEDULE

Effective Oct 8, 2023
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 Classic 8:00—8:50am Michelle / GER	BodyPump 8:00—8:55am Loida / GER	Group Cycling 8:45—9:35am Jon / Cycle
	Yoga 9:00-9:50am Vivek / Studio	SHINE Dance Fitness 9:00—9:55am Kim / GER	Step Challenge 9:15—9:55am JoAnne / GER	SHINE Dance Fitness 9:00—9:55am Kim / GER	Dance Fitness 9:15—10:15am Kelly / GER	Pilates 9:00—10:00am Kathy / Studio
	Step Challenge 9:15—9:55am 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—11:05am Meryl / Studio	BodyPump 9:45—10:45am Rotation / GER
	Sculpt 10:00—10:45am JoAnne / GER	SilverSneakers Classic 10:15-11:10am Michelle / 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 Kathy / Studio
	Barre 10:30—11:30am Rita / Studio	Tai Chi 10:45—11:45am Ryan / Studio	SilverSneakers Classic 11:00—11:50am Lynda / GER	Barre 10:30—11:30am Karen / Studio		
	SilverSneakers Circuit 11am—12noon Rotation / GER	SilverSneakers Chair Yoga 11:15am—noon Sangita / GER	SilverSneakers Circuit 12:00—1:00pm Rotation / GER	SilverSneakers Chair Yoga 11:15am-noon Cary / GER		
		Pilates 12—12:45 pm Kathy / Studio		Pilates 12—12:45 pm Kathy / Studio		
		Total Body Conditioning 12:05—12:50pm Rebecca / GER		BodyPump 12:10—1 pm Melody / GER		
	WOW: Women on Weights 4:30—5:15pm Melody / Studio	*LiveStrong 1:00—2:15pm Preregister/Studio	WOW: Women on Weights 4:30—5:15pm Chelsea / GER	*LiveStrong 1:00—2:15pm Preregister/Studio		*Chronic disease programming. Enrollment and medical clearance required.
	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		*Preregistration required.
	BodyPump 5:45—6:40pm Loida / GER	Group Cycling 5:30—6:20pm Michelle / Cycle	Barre 6:00—7:00pm Karen / Studio	Yoga 5:00—5:50pm Vivek / Studio		
	Yoga 6:00—7:00pm Sarah / Studio	Step 5:45—6:35pm Anita / GER	Dance Fitness 6:45—7:45pm Annette / GER	Total Body Conditioning 5:45—6:30pm Chelsea / GER		schedule effective 10/08/23
	Zumba 7:00—7:50pm Denise / GER	Yoga 6:45—7:45pm Anita / Studio		Step 6:45 —7:45pm Anita / GER		