



GROUP EX SCHEDULE

THE YMCA OF GREATER KALMAZOO

PORTAGE

2900 W. Centre Ave

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

For a better us.®

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 change. For most updated information, see MotionVibe.

SUN	MON	TUE	WED	THU	FRI	SAT
	BodyCombat 6:15—7:10am Ashley / 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 Amy / GER	BodyCombat 8:30—9:25am Rotation / GER
	BodyPump 8:00—9:00am Becky or Sara GER	Hi Lo 8:00—8:50am Lynda / GER	BodyPump 8:00—9:00am Rita / GER	SilverSneakers Circuit 8:00—8:50am Nancy / GER	TRX 6:30—7:20am Becky / Studio	Group Cycling 8:45—9:35am Rotation / Cycle
	Yoga 9:00—10:00am Kathy / Studio	SHINE Dance Fitness 9:00—9:55am Kim / GER	Step 9:15—9:55am JoAnne / GER	SHINE Dance Fitness 9:00—9:55am Kim / GER	BodyPump 8:00—9:00am Becky / GER	Ring & Roller Pilates 9:00—10:00am Kathy / Studio Resumes in Oct
	Step 9:15—9:55am JoAnne / GER	Group Cycling 9:15—10:05am Lynda / Cycle	Sculpt 10:05—10:50am JoAnne / GER	Group Cycling 9:15—10:05am Michelle / Cycle	Vinyasa Yoga 9:00—10:00am Meryl / Studio	BodyPump 9:45—10:45am Rotation / GER
	Sculpt 10:05—10:50am JoAnne / GER	Yoga 10:00—11:00am Sangita / Studio	Vinyasa Yoga 10:30—11:30am Olivia / Studio	Classic Strength 10:15—11:05am Cary / GER	Cardio Drumming 9:45—10:30am Bethany / GER	Yoga 10:15—11:15am Kathy / Studio
	Barre 10:30—11:30am Rita / Studio	SilverSneakers Circuit 10:15—11:05am Nancy / GER	SilverSneakers Classic 11:00—11:50pm Lynda / GER	Barre 10:30—11:30am Jane / Studio	SilverSneakers EnerChi 10:30—11:15am Kathy / Studio	
	SilverSneakers Classic 11:00—11:50am Michelle / GER	SilverSneakers Chair Yoga 11:15am—noon Sangita / GER	TRX 12-12:50pm Becky / Studio	SilverSneakers Chair Yoga 11:15am—noon Cary / GER	SilverSneakers Classic 10:45—11:40am JoAnne / GER	
	Core 12—12:30pm Rita / GER	Ring & Roller Pilates 12:00—12:50pm Kathy / Studio Resumes in Oct	Cardio Drumming 12:05 —12:50pm Bethany / GER	Ring & Roller Pilates 12:00—12:50pm Kathy / Studio Resumes in Oct	Core 12-12:30pm Janet / GER	
		Total Body Conditioning 12:05—12:50pm Rebecca / GER				Paid program- ming — register in your Y account for sessions.
	Sculpt 4:30—5:15pm Michelle / GER	BodyCombat 4:30—5:25pm Juliette / GER	Sculpt 4:30—5:15pm Kim / GER	BodyCombat 4:30—5:25pm Juliette / GER		Members must arrive 5 minutes early or their spot will be given
	BodyPump 5:30—6:30pm Vana / GER	Group Cycling 5:30—6:20pm Michelle / Cycle	BodyPump 5:30—6:30pm Danielle / GER	Step 5:40—6:30pm Anita/ GER		to waitlist members who are present.
	Yoga 6:00—7:00pm Sarah / Studio	Step 5:40—6:30pm Anita / GER	Core 6:45— 7:30pm Rita / GER	Group Cycling 5:45—6:35pm Joanne / Cycle		Limit of 2 classes per day per member.
	Zumba 6:45 —7:45pm Betty / GER	Yoga 6:45—7:45pm Anita / Studio		Total Body Conditioning 6:45 —7:30pm Chelsea / GER		
				Yoga 7:00 —8:00pm Kyle / Studio		schedule effective Sept 8, 2025