



Group Exercise Classes - Portage Spring I- 2021

February 22-
April 17, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BodyPump 8-8:55am Melody		BodyCombat 6-6:55a Loida		BodyCombat 6-6:55a Loida	Sunrise Yoga 8:15-9:15am Meryl
	Step Challenge 9:30-10:15am JoAnne		BodyPump 8-8:55am Melody	Zumba 9-9:55a Carrie	Silver Sneakers Classic 10:45-11:40 JoAnne	BodyCombat 8:30-9:25a Michelle C
	Silver Sneakers Classic 10:45-11:40 JoAnne	Zumba 9-9:55a Carrie	Step Challenge 9:30-10:15am JoAnne	Basic Yoga 9-10a S Ashley	TRX 12-12:45p S Lou	BodyPump 10:30-11:30a Rotation
	TRX 12-12:45p S Lou	Group Cycling 9-9:45a Lynda	Silver Sneakers Classic 10:45-11:40a Lynda	Silver Sneakers Chair Yoga 1:30-2:25p Cary		
	BodyPump 5:30 - 6:25p Jamie	BodyCombat 4:30-5:25p Michelle	BodyPump 5:30-6:25p Becky	BodyCombat 4:30-5:25p Michelle	<div style="border: 1px solid black; padding: 5px;"> <p>NOTE: Registration required for all indoor classes. Register for classes as early as 5am the day prior using our YMCA of Greater Kalamazoo Motion Vibe App or online at KzooymcaMotionVibe.com</p> <div style="background-color: #00b0f0; color: white; padding: 5px; margin-top: 10px;"> Speciality Classes require pre registration and an additional fee. (Blue Box) </div> </div>	
	Barre Fusion 5:30 - 6:25p S Kelsey	Group Cycling 5:30-6:15p S Kelsey	Zumba 7-7:50p Carrie	BodyPump 6-6:55p Danielle		
	Zumba 7-7:50p Denise	Barre 6:30-7:15pm S Kelsey		Group Cycling 5:30-6:15p S Kelsey		
				Yoga 7:00-7:50pm S Meryl		