



GROUP EX SCHEDULE

Updated June 1, 2023
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. 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
	BodyPump 8:00—8:55am Melody / GER	Hi Lo 8:00—8:50am Lynda / GER	Group Cycling 6:30—7:20am Michelle/ Cycle	SilverSneakers Classic 8:00—8:50am Michelle / GER	BodyCombat 6:00—6:55am Loida / GER	BodyCombat 8:30—9:25am Rotating / GER
	Yoga 9:00-9:50am Philip / Studio	SHINE Dance Fitness 9:00—9:55am Kim / GER	BodyPump 8:00—8:55am Melody / GER	SHINE Dance Fitness 9:00—9:55am Kim / GER	BodyPump 8:00—8:55am Loida / GER	Group Cycling 8:45—9:30am Michelle / Cycle
	Step Challenge 9:15—9:55am JoAnne / GER	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
	Sculpt 10:00—10:45am JoAnne / GER	Classic Strength 10:15-11:10am Mary / 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
	Barre 10:30—11:30am Rita / Studio	Tai Chi 10:45—11:30am Ryan / Studio	Yoga 10:00—10:50am Sangita / Studio	Barre 10:30—11:30am Karen / Studio	Yoga 10:15—11:05am Meryl / Studio	Yoga 10:15—11:15am Kathy / Studio
	SilverSneakers Classic 11:00—11:50am Michelle / GER	Chair Yoga 11:15a—12:00pm Philip / GER	SilverSneakers Classic 11:00—11:50am Lynda / GER	SilverSneakers Chair Yoga 11:15a-12:00pm Cary / GER	SilverSneakers Classic 10:45—11:40am JoAnne / GER	
	SilverSneakers Circuit 12:00—1:00pm Nancy / GER	Total Body Conditioning 12:05—12:50pm Rebecca / GER	SilverSneakers Circuit 12:00—1:00pm Nancy / GER	BodyPump 12:10—12:55pm Takara / GER	SilverSneakers Circuit 12:00—1:00pm Nancy / GER	
	Gentle Yoga 12:00—12:45pm Vivek / Studio	*LiveStrong 1:00—2:15pm Preregister/Studio	WOW: Women on Weights 4:30—5:15pm Chelsea / Studio	*LiveStrong 1:00—2:15pm Preregister/Studio	Dance Fitness 4:30—5:30pm Annette / 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		
	WOW: Women on Weights 4:30—5:20pm Fiona / Studio	Group Cycling 5:30—6:25pm Jon / Cycle	Yoga 6:00—7:00pm Ashley I. / Studio	Total Body Conditioning 5:45—6:30pm Chelsea / GER		
	BodyPump 5:45—6:40pm Loida / GER	Step 5:45—6:40pm Anita / GER	Dance Fitness 6:45—7:45pm Annette / GER	Yoga 6:30—7:30pm Philip / Studio		*Chronic disease programming. Enrollment and medical clearance required.
	Yoga 6:00—7:00pm Sarah / Studio	Yoga 6:45—7:45pm Anita / Studio		Step 6:45 —7:45pm Anita / GER		**Preregistration required.
	Zumba 7:00—7:50pm Denise / GER					
						schedule effective 6/01/23