



HEALTHY AGING GROUP EX SCHEDULE

Spring 2024
THE YMCA OF GREATER KALMAZOO

MAPLE

1001 W. Maple Street

Questions? Contact Active for Life Director Shashu Baraka
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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 kzooyymcaMotionVibe.com. Schedule subject to change. For most updated information, see MotionVibe.

| MON | TUE | WED | THU | FRI | SAT |
|---|--|--|--|--|--|
| SilverSneakers® Classic 8:00-8:50am Michelle / GER | Shallow Water Exercise 9:00-10:00am Instructional Pool | Shallow Water Exercise 9:00-10:00am Instructional Pool | Shallow Water Exercise 9:00-10:00am Instructional Pool | Shallow Water Exercise 9:00-10:00am Instructional Pool | Group Cycling 8:15-9:00am Takara / GER |
| Shallow Water Exercise 9:00-10:00am Instructional Pool | Barre 9:15-10:00am Rita / GER | Zumba 9:00-9:50am Denise / CR | Moving for Better Balance 10:30-11:30am Jackie / CR | Zumba 9:00-9:50am Denise / CR | Shallow Water Exercise 9:00-9:45am Instructional Pool |
| Zumba 9:00-9:50am Denise / CR | SilverSneakers® Circuit 11:00-11:50am Takara / GER | Water Power 10:00-10:45am Lap Pool | Aqua Tai Chi 11:00-11:45am Instructional Pool | Water Power 10:00-10:45am Lap Pool | Zumba 11:00-12:00pm Denise / CR |
| Group Cycling 9:15-10:00am Jim / GER | Moving for Better Balance 10:30-11:30am Glenda / CR | Yoga 10:15am-11:15pm Kyle / CR | SilverSneakers® Circuit 11:00-11:50am Kelsi / GER | Arthritis Aquatic Exercise 10:00-11:00am Instructional Pool | |
| Water Power 10:00-10:45am Lap Pool | Shallow Water Exercise 12:00-12:45pm Instructional Pool | SilverSneakers® Boom™ Muscle 10:30-11:45am Shashu / GER | Shallow Water Exercise 12:00-12:45pm Instructional Pool | Yoga 10:15-11:15am MaryBeth / CR | |
| Yoga 10:15-11:00am Jackie / CR | Arthritis Aquatic Exercise 1:00-2:00pm Instructional Pool | Yoga 11:15am-12:15pm Kyle / CR | Arthritis Aquatic Exercise 1:00-2:00pm Instructional Pool | SilverSneakers® Boom™ Muscle 10:30-11:45am Shashu / GER | |
| SilverSneakers® Boom™ Muscle 10:30-11:45am Shashu / GER | Aging Strong 1:15-2:00pm Ashley / GER | Arthritis Aquatic Exercise 12:00-12:45pm Instructional Pool | | Gentle Yoga 12:00-12:50pm Kyle / CR | |
| Gentle Yoga 12:00-12:50pm Kyle / CR | | SilverSneakers® Classic 12:00-12:50pm Annie / GER | | | |
| *Parkinson's 1:30-2:30pm Sheri / GER | Barre 5:45-6:30pm Olivia / GER | *Parkinson's 1:30-2:30pm Sheri / GER | | | |
| Arthritis+ Aquatic Exercise 3:00-4:00pm Instructional Pool | Yoga 6:45-7:45pm Kyle / CR | SilverSneakers® Splash 1:15pm-2:00pm Instructional Pool | | | *Chronic disease program. Prior enrollment and medical clearance required. |
| Edited 4/8/24 | | Arthritis+ Aquatic Exercise 6:15-7:00pm Instructional Pool | | | Members must arrive 5-minutes prior to the start of class or forfeit their spot to wait-listed members. |