



YMCA of Greater Kalamazoo – Maple Branch

Active Older Adult Hybrid Classes

Fall 2021

Day	Class	Time	Location
Monday	Shallow Water Exercise Sculpt Water Power <i>SilverSneakers® BOOM Muscle**</i> Arthritis Aquatic Exercise	9:00-9:45am 9:15-10:00am 10:00-10:45am 10:30-11:30am 3:00-3:45pm	Instructional Pool Group Exercise Room Lap Pool <i>Group Exercise Room & Zoom</i> Instructional Pool
Tuesday	Pilates Moving for Better Balance®* Shallow Water Exercise Arthritis Aquatic Exercise	9:00-9:50am 10:30-11:30am 12:00-12:45pm 1:00-1:45pm	Community Room Community Room Instructional Pool Instructional Pool
Wednesday	Shallow Water Exercise Water Power <i>SilverSneakers® BOOM Muscle**</i> Arthritis Aquatic Exercise Arthritis Aquatic Exercise	9:00-9:45am 10:00-10:45am 10:30-11:45am 12:00pm-12:45pm 6:00-6:45pm	Instructional Pool Lap Pool <i>Group Exercise Room & Zoom</i> Instructional Pool Instructional Pool
Thursday	Pilates Moving for Better Balance®* Yoga* Shallow Water Exercise Arthritis Aquatic Program	9:00-9:50am 10:30-11:30am 11:30am-12:30pm 12:00-12:45pm 1:00-1:45pm	Community Room Community Room Community Room Instructional Pool Instructional Pool
Friday	Shallow Water Exercise Sculpt <i>SilverSneakers® BOOM Muscle**</i>	9:00-9:45am 9:15-10:00am 10:30-11:45am	Instructional Pool Group Exercise Room <i>Group Exercise Room & Zoom</i>

* Indicates class registration is required, add'l fees apply.

**Class is taught in-person and streamed live. Virtual check-in required at www.kzooyymca.org and in-person reservations required thru MotionVibe.

Edited 10/20/21