



YMCA of Greater Kalamazoo – Maple Branch Healthy Aging Group Exercise Classes Spring 2022

Day	Class	Time	Location
Monday	Shallow Water Exercise Water Power SilverSneakers® BOOM Muscle Arthritis Aquatic Exercise	9:00–9:45am 10:00–10:45am 10:30–11:30am 3:00–3:45pm	Instructional Pool Lap Pool Group Exercise Room Instructional Pool
Tuesday	Moving for Better Balance®* Aqua Tai Chi Shallow Water Exercise Arthritis Aquatic Exercise Yoga	10:30–11:30am 11:00–11:50am 12:00–12:45pm 1:00–1:45pm 6:45–7:45pm	Community Room Instructional Pool Instructional Pool Instructional Pool Community Room
Wednesday	Shallow Water Exercise Water Power SilverSneakers® BOOM Muscle 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 Group Exercise Room Instructional Pool Instructional Pool
Thursday	Moving for Better Balance®* Aqua Tai Chi Yoga Shallow Water Exercise Arthritis Aquatic Program	10:30–11:30am 11:00–11:50am 12:30–1:30pm 12:00–12:45pm 1:00–1:45pm	Community Room Instructional Pool Community Room Instructional Pool Instructional Pool
Friday	Shallow Water Exercise SilverSneakers® BOOM Muscle	9:00–9:45am 10:30–11:45am	Instructional Pool Group Exercise Room & Zoom

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

Space is limited; reservations thru MotionVibe are required. For all classes, reservations guarantee your spot in class; member must still be present a minimum of 5 minutes prior to class starting. (EDITED 2/8/22)