



YMCA of Greater Kalamazoo-Portage Active Older Adult Classes Fall 2021

Day	Class	Time	Location
Monday	Step Challenge Deep Water Exercise SilverSneakers® Classic Shallow Water Exercise	9:30-10:15am 10:00-10:45am 10:45-11:40am 11:00-11:45am	Group Exercise Room Pool Group Exercise Room Pool
Tuesday	Deep Water Exercise Shallow Water Exercise Barre Arthritis Aquatic Exercise Sculpt	8:00-8:45am 9:00-9:45am 10:30-11:30am 11:00-11:45am 12:00-12:45	Pool Pool Studio Pool Studio
Wednesday	Deep Water Exercise Step Challenge Shallow Water Exercise SilverSneakers® Classic Shallow Water Exercise	9:00-9:45am 9:30-10:15am 10:00-10:45am 10:45-11:40am 7:00-7:45pm	Pool Group Exercise Room Pool Group Exercise Room Pool
Thursday	Shallow Water Exercise Classic Strength Barre SilverSneakers® Chair Yoga Sculpt Shallow Water Exercise	9:00-9:45am 10:15-11:10am 10:30-11:30am 11:15am-12:00pm 12:00-12:45 6:00-6:45pm	Pool Group Exercise Room Studio Group Exercise Room Studio Pool
Friday	Shallow Water Exercise SilverSneakers® Classic	10:00-10:45am 10:45-11:40am	Pool Group Exercise Room