



YMCA of Greater Kalamazoo-Portage Branch Healthy Aging Group Exercise Classes Spring 2022

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 Classic Strength Arthritis Aquatic Exercise Chair Yoga Sculpt	8:00-8:45am 9:00-9:45am 10:15-11:10am 11:00-11:45am 11:15am-12:00pm 12:15-1:00pm	Pool Pool Group Exercise Room Pool Group Exercise Room Group Exercise Room
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 12:15-1:00pm 6:00-6:45pm	Pool Group Exercise Room Studio Group Exercise Room Studio Pool
Friday	Deep Water Exercise Aqua Stretch & Relax Shallow Water Exercise SilverSneakers® Classic	8:00-8:45am 9:00-9:45am 10:00-10:45am 10:45-11:40am	Pool Pool Pool Group Exercise Room