HEALTHY AGING GROUP EX SCHEDULE

THE YMCA OF GREATER KALMAZOO

For a better us.®

MAPLE

1001 W. Maple Street

Questions? Contact Active for Life Director Shashu Baraka
sbaraka@kzooymca.org | (p) 2694594856

All classes require registration. Registration opens 25 hours prior to the scheduled class time. Schedules are subject to change. For most updated information, see the app.

MON	TUE	WED	THU	FRI	SAT
Shallow Water Exercise 8:00–8:50am Instructional Pool	**Shallow Water Exercise** 9:00–10:00am Instructional Pool	**Shallow Water Exercise** 8:00–8:50am 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** 9:15–10:15am Rita / GER	**Shallow Water Exercise** 9:00–10:00am Instructional Pool	****Body Balance** 9:00–10:00am Sara / CR	**Zumba** 9:00–9:50am Denise / CR	**Shallow Water Exercise** 9:00–10:00am Instructional Pool
Zumba Tone 9:00–9:50am Denise / CR	**Moving for Better Balance** 10:30–11:30am Glenda / CR	**Zumba Tone** 9:00–9:50am Denise / CR	**Moving for Better Balance** 10:30–11:30am Jackie / CR	****Core & Mobility** 9:15–10:00am Rebecca / GER	
Group Cycling 9:00–9:50am Mary / GER	**SilverSneakers® Circuit** 11:00–11:50am Jane / GER				**Zumba** 11:00–12:00pm Denise / CR
Yoga 10:15–11:00am Jackie / CR	**Shallow Water Exercise** 12:00–12:45pm Instructional Pool	**Yoga** 10:15am–11:15pm Kyle / CR	****Sculpt** 11:00–11:50am Kim / GER	**Arthritis Aquatic Exercise** 10:00–11:00am Instructional Pool	
****SilverSneaker® Boom™ Muscle** 10:30–11:45am Shashu / GER	**Arthritis Aquatic Exercise** 1:00–2:00pm Instructional Pool	****SilverSneakers® Boom™ Muscle** 10:30–11:45am Shashu / GER	****TRX Circuit** 12:15–1:00pm Becky / GER	**Yoga** 10:15–11:15am MaryBeth / CR	
Gentle Yoga 12:00–12:50pm Kyle / CR	**Barre** 5:45–6:20pm Rita / GER	**SilverSneakers® Classic** 12:00–12:50pm Jane / GER	**Shallow Water Exercise** 12:00–12:45pm Instructional Pool	****SilverSneakers® Boom™ Muscle** 10:30–11:45am Shashu / GER	
****Sculpt** 12:15–1:00pm Kim / GER	**Dance Fitness** 5:30–6:30pm Annette / CR	**Arthritis Aquatic Exercise** 12:00–12:45pm Instructional Pool	**Arthritis Aquatic Exercise** 1:00–2:00pm Instructional Pool	**Gentle Yoga** 12:00–12:50pm Kyle / CR	
***Parkinson's** 1:30–2:30pm Sheri / GER	**Yoga** 6:45–7:45pm Kyle / CR				***Chronic disease program. Prior enrollment and medical clearance required.**
Arthritis+ Aquatic Exercise 3:00–3:50pm Instructional Pool		***Parkinson's** 1:30–2:30pm John / GER			**Participants must be able to get on the floor and ambulate without assistive devices.
		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 waitlisted members.**

Updated 9/2/26