HEALTHY AGING GROUP EX SCHEDULE

THE YMCA OF GREATER KALMAZOO

PORTAGE

2900 W. Centre Ave

Questions? Contact Active for Life Director Shashu Baraka
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For a better us.®

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
Open Water Exercise 8:00–8:45am Pool	**Open Water Exercise** 8:00–8:45am Pool	**Open Water Exercise** 8:00–8:45am Pool	**Open Water Exercise** 8:00–8:45am Pool	**Open Water Exercise** 8:00–8:45am Pool	
Aqua Jam 9:00–9:45am Pool	**Hi Lo** 8:00–8:50am Lynda / GER	**Deep Water Arthritis+** 9:00–9:45am Pool	**SilverSneakers® Circuit** 8:00–8:50am Nancy / GER		**Group Cycling** 8:45–9:30am Rotation / Cycling Studio
Yoga 9:15–10:15am Sangita / Studio	**Water Exercise** 9:00–9:45am Pool	**Step** 9:15–9:55am JoAnne / GER	**Water Exercise** 9:00–9:45am Pool	**Aqua Jam** 9:00–9:45am Pool	**Yoga** 9:00–10:00am Rotation / Studio
Step 9:15–9:55am JoAnne / GER	**Group Cycling** 9:15–10:05am Lynda Cycle Studio	**Sculpt** 10:05–10:50am JoAnne / GER		****Cardio Drumming** 9:45–10:30am Bethany / GER	
Sculpt 10:05–10:50am JoAnne / GER	**SilverSneakers® Circuit** 10:15–11:05am Nancy / GER	**Water Exercise** 10:00–10:45am Pool	****Aqua Cardio Drumming** 10:00–10:45am Bethany / Pool	**Shallow Water Exercise** 10:00–10:45am Pool	
Shallow Water Exercise 11:00–11:45am Pool	**Yoga** 10:00–11:00am Sangita / Studio	**Vinyasa Yoga** 10:30–11:30am Olivia / Studio	**Classic Strength** 10:15–11:05am Cary / GER	**Sculpt** 10:30–11:30am Jane / Studio	
Barre 11:00–11:50am Rita / GER	**Arthritis Aquatic Exercise** 11:00–11:45am Pool	**Aqua Jam** 11:00–11:45am Pool	**Barre** 10:30–11:30am Jane / Studio	**SilverSneakers® Classic** 10:45–11:40am JoAnne / GER	
TRX 12:00–12:50pm Ashley / GER	**SilverSneakers® Chair Yoga** 11:15am–12:00pm Sangita / GER	**SilverSneakers® Classic** 11:00–11:50am Lynda / GER	**Arthritis Aquatic Exercise** 11:00–11:45am Pool		
	Total Body Conditioning 12:05–12:50pm Rebecca / GER	**TRX** 12:00–12:50pm Becky M. / Studio	**SilverSneakers® Chair Yoga** 11:15am–12:00pm Cary / GER		
Yoga 6:00–7:00pm Sarah / Studio	***LiveStrong** 12:45–2:30pm Studio		***LiveStrong** 12:45–2:30pm Studio		**Members must arrive 5–minutes prior to the start of class or forfeit their spot to waitlisted members.**
Zumba 6:45–7:45pm Betty / GER	**Water Exercise** 3:00–3:45pm Pool	**Sculpt** 4:30–5:15pm Kim / GER			****Registration and addt'l fee required thru your Y-account.**
Updated 9/2/26			**Shallow Water Exercise** 6:00–6:45pm Pool		*Chronic disease programming. Enrollment and medical clearance required.