



HEALTHY AGING
Group Exercise Schedule
Fall 2022

1001 W. Maple St.
 (p) 269.459.4856
 Active for Life Director | sbaraka@kzooymca.org

MON	TUE	WED	THU	FRI	SAT
Shallow Water Exercise 9:00-9:45am Instructional Pool	Aqua Tai Chi 9:00-10:00am Instructional Pool	Shallow Water Exercise 9:00-9:45am Instructional Pool	Moving for Better Balance 10:30-11:30am Glenda / CR	Shallow Water Exercise 9:00-9:45am Instructional Pool	Water Power 9:00-9:45am Lap Pool
Zumba 9:00-9:50am Denise / CR	Barre 9:15-10:00am Rita / GER	Zumba 9:00-9:50am Denise / CR	Shallow Water Exercise 12:00-12:45pm Instructional Pool	Zumba 9:00-9:50am Denise / CR	Shallow Water Exercise 9:00-10:00am Instructional Pool
Group Cycling 9:15-10:00am Jim / GER	Moving for Better Balance 10:30-11:30am Glenda / CR	Water Power 10:00-10:45am Lap Pool	Arthritis Aquatic Exercise 1:00-1:45pm Instructional Pool	Arthritis Aquatic Exercise 10:00-10:45am Instructional Pool	Zumba 11:00-12:00pm Denise / CR
Water Power 10:00-10:45am Lap Pool	Shallow Water Exercise 12:00-12:45pm Instructional Pool	Yoga 10:15-11:00am Meryl / CR	*Parkinson's 1:10-2:00pm 2:10-3:00pm Sheri / GER	Water Power 10:00-10:45am Lap Pool	
Yoga 10:15-11:00am Jackie / CR	Arthritis Aquatic Exercise 1:00-1:45pm Instructional Pool	SS Boom Muscle 10:30-11:45am Shashu / GER		Yoga 10:15-11:00am MaryBeth / CR	
SS Boom Muscle 10:30-11:45am Shashu / GER	*Parkinson's 1:10-2:00pm 2:10-3:00pm Sheri / GER	Arthritis Aquatic Exercise 12:00-12:45pm Instructional Pool		SS Boom Muscle 10:30-11:45am Shashu / GER	
Chair Yoga 12:00-12:50pm Kyle / CR	Barre 5:30-6:30pm Rita / GER	SilverSneakers® Classic 12:00-12:50pm Annie / GER			
Aqua Yoga 11:00-11:45am Instructional Pool	Pound 5:30-6:30pm Ana / CR	SilverSneakers® Splash 1:00-1:45pm Annie / Instructional Pool			
Arthritis Aquatic Exercise 3:00-3:45pm Instructional Pool	Yoga 6:45-7:45pm Elizabeth / CR	Arthritis Aquatic Exercise 6:00-6:45pm Instructional Pool			
		**Women's Self-Defense 6:00-7:00pm Steve / CR			
					*Chronic disease program. Prior enrollment and medical clearance required.
					**Pre-registration and payment required.

Schedule subject to change. See MotionVibe for the most up to date information. Registration through MotionVibe is recommended for all indoor classes. Register for classes as early as 7am the day prior using our YMCA of Greater Kalamazoo MotionVibe App or online at KzooymcaMotionVibe.com.

For a better us.