



# HEALTHY AGING GROUP EX SCHEDULE

WINTER 2023  
THE YMCA OF GREATER KALMAZOO

## MAPLE

1001 W. Maple Street

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

All classes require registration via MotionVibe. Register for classes as early as 7am the day prior using the MotionVibe app or at kzoymcaMotionVibe.com. Schedule subject to change. For most updated information, see MotionVibe.

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