



HEALTHY AGING GROUP EX SCHEDULE

Spring 2023

THE YMCA OF GREATER KALMAZOO

MAPLE

1001 W. Maple Street

Questions? Contact Active for Life Director Shashu Baraka
sbaraka@kzoymca.org | (p) 269.459.4856

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
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	Pilates 6:15-7:00am Kathy / CR	Shallow Water Exercise 9:00-9:45am Instructional Pool	Group Cycling 8:15-9:00am Jim / GER
Zumba 9:00-9:50am Denise / CR	Barre 9:15-10:00am Rita / GER	Zumba 9:00-9:50am Denise / CR	Moving for Better Balance 10:30-11:30am Jackie / CR	Zumba 9:00-9:50am Denise / CR	Water Power 9:00-9:45am Lap 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	Shallow Water Exercise 12:00-12:45pm Instructional Pool	Arthritis Aquatic Exercise 10:00-10:45am Instructional Pool	Shallow Water Exercise 9:00-10:00am Instructional Pool
Water Power 10:00-10:45am Lap Pool	Shallow Water Exercise 12:00-12:45pm Instructional Pool	Yoga 10:15-11:00am Meryl / CR	Arthritis Aquatic Exercise 1:00-1:45pm Instructional Pool	Water Power 10:00-10:45am Lap Pool	Zumba 11:00-12:00pm Denise / CR
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	*Parkinson's 1:10-2:00pm 2:10-3:00pm Sheri / 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	Yoga 11:15am-12:15pm Kyle / CR		SS Boom Muscle 10:30-11:45am Shashu / GER	
Gentle Yoga 12:00-12:50pm Kyle / CR	Barre 5:45-6:30pm Rita / GER	Arthritis Aquatic Exercise 12:00-12:45pm Instructional Pool		Gentle Yoga 12:00-12:45pm Kyle / CR	
Aqua Yoga 11:00-11:45am Instructional Pool	Pound 5:30-6:30pm Ana / CR	SilverSneakers® Classic 12:00-12:50pm Annie / GER			
Arthritis Aquatic Exercise 3:00-3:45pm Instructional Pool	Yoga 6:45-7:45pm Elizabeth / CR	SilverSneakers® Splash 1:00-1:45pm Annie / Instructional Pool			
		Arthritis Aquatic Exercise 6:00-6:45pm Instructional Pool			*Chronic disease program. Prior enrollment and medical clearance required.
Revised 3/2/23		**Women's Self-Defense 6:00-7:00pm Steve / CR			**Pre-registration and payment required.