



HEALTHY AGING GROUP EX SCHEDULE

Winter II-2024

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
SilverSneakers® Classic 8:00-8:50am Michelle / GER	Shallow Water Exercise 9:00-9:45am Instructional Pool	Shallow Water Exercise 9:00-9:45am Instructional Pool	Shallow Water Exercise 9:00-9:45am Instructional Pool	Shallow Water Exercise 9:00-9:45am Instructional Pool	Group Cycling 8:15-9:00am Jim / GER
Shallow Water Exercise 9:00-9:45am Instructional Pool	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
Zumba 9:00-9:50am Denise / CR	SilverSneakers® Circuit 11:00-11:50am Takara / GER	Water Power 10:00-10:45am Lap Pool	Aqua Tai Chi 11:00-11:45am Instructional Pool	Arthritis Aquatic Exercise 10:00-10:45am Instructional Pool	Shallow Water Exercise 9:00-9:45am Instructional Pool
Group Cycling 9:15-10:00am Jim / GER	Moving for Better Balance 10:30-11:30am Glenda / CR	Yoga 10:15am-11:15pm Kyle / CR	SilverSneakers® Circuit 11:00-11:50am Kelsi / GER	Water Power 10:00-10:45am Lap 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	SilverSneakers® Boom™ Muscle 10:30-11:45am Shashu / GER	Shallow Water Exercise 12:00-12:45pm Instructional Pool	Yoga 10:15-11:15am MaryBeth / CR	
Yoga 10:15-11:00am Jackie / CR	Arthritis Aquatic Exercise 1:00-1:45pm Instructional Pool	Arthritis Aquatic Exercise 12:00-12:45pm Instructional Pool	Arthritis Aquatic Exercise 1:00-1:45pm Instructional Pool	SilverSneakers® Boom™ Muscle 10:30-11:45am Shashu / GER	
SilverSneakers® Boom™ Muscle 10:30-11:45am Shashu / GER	Aging Strong 1:15-2:00pm Ashley / GER	SilverSneakers® Classic 12:00-12:50pm Annie / GER		Gentle Yoga 12:00-12:50pm Kyle / CR	
Gentle Yoga 12:00-12:50pm Kyle / CR		*Parkinson's 1:30-2:30pm Sheri / GER			
*Parkinson's 1:30-2:30pm Sheri / GER	Barre 5:45-6:30pm Olivia / GER	SilverSneakers® Splash 1:15pm-2:00pm Instructional Pool			
Arthritis+ Aquatic Exercise 3:00-3:45pm Instructional Pool	Yoga 6:45-7:45pm Kyle / CR	Aqua Jam TBD Instructional Pool			*Chronic disease program. Prior enrollment and medical clearance required.
Edited 2/19/24		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 wait-listed members.