



HEALTHY AGING GROUP EX SCHEDULE

Winter 2026

THE YMCA OF GREATER KALMAZOO

MAPLE

1001 W. Maple Street

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 kzooymca.org/MotionVibe.com.
Schedule subject to change. For most updated information, see MotionVibe.

MON	TUE	WED	THU	FRI	SAT
Shallow Water Exercise 8:00-8:50am Instructional Pool	Shallow Water Exercise 9:00-10:00am Instructional Pool	Shallow Water Exercise 8:00-8:50am Instructional Pool	Shallow Water Exercise 9:00-10:00am Instructional Pool	Shallow Water Exercise 9:00-10:00am Instructional Pool	Group Cycling 8:15-9:00am Takara / GER
Shallow Water Exercise 9:00-10:00am Instructional Pool	Barre 9:15-10:15am Rita / GER	Shallow Water Exercise 9:00-10:00am Instructional Pool	**Body Balance 9:00-10:00am Sara / CR	Zumba 9:00-9:50am Denise / CR	Shallow Water Exercise 9:00-10:00am Instructional Pool
Zumba Tone 9:00-9:50am Denise / CR	SilverSneakers® Circuit 10:30-11:15am Rotation / GER	Zumba Tone 9:00-9:50am Denise / CR	Moving for Better Balance 10:30-11:30am Jackie / CR	**Core & Mobility 9:15-10:00am Rebecca / GER	
Group Cycling 9:15-10:00am Jim / GER	Moving for Better Balance 10:30-11:30am Glenda / CR				Zumba 11:00-12:00pm Denise / CR
Yoga 10:15-11:00am Jackie / CR	Shallow Water Exercise 12:00-12:45pm Instructional Pool	Yoga 10:15am-11:15pm Kyle / CR	**Sculpt 11:00-11:50am Kim / GER	Arthritis Aquatic Exercise 10:00-11:00am Instructional Pool	
**SilverSneaker® Boom™ Muscle 10:30-11:45am Shashu / GER	Arthritis Aquatic Exercise 1:00-2:00pm Instructional Pool	**SilverSneakers® Boom™ Muscle 10:30-11:45am Shashu / GER	**TRX Circuit 12:15-1:00pm Becky / GER	Yoga 10:15-11:15am MaryBeth / CR	
Gentle Yoga 12:00-12:50pm Kyle / CR	Barre 5:45-6:20pm Rita / GER		Shallow Water Exercise 12:00-12:45pm Instructional Pool	**SilverSneakers® Boom™ Muscle 10:30-11:45am Shashu / GER	
**Sculpt 12:15-1:00pm Kim / GER	Dance Fitness 5:30-6:30pm Annette / CR	Arthritis Aquatic Exercise 12:00-12:50pm Instructional Pool	Arthritis Aquatic Exercise 1:00-2:00pm Instructional Pool	Gentle Yoga 12:00-12:50pm Kyle / CR	
*Parkinson's 1:30-2:30pm Sheri / GER	Yoga 6:45-7:45pm Kyle / CR	SilverSneakers® Classic 12:00-12:50pm Michelle / GER			*Chronic disease program. Prior enrollment and medical clearance required.
Arthritis+ Aquatic Exercise 3:00-4:00pm Instructional Pool		*Parkinson's 1:30-2:30pm John / GER			**Participants must be able to get on the floor and ambulate without assistive devices.
		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 waitlisted members.