



HEALTHY AGING GROUP EX SCHEDULE

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
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	Moving for Better Balance 10:30-11:30am Glenda / CR	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 9:00-9:50am Mary / GER	SilverSneakers® Circuit 11:00-11:50am Jane / GER				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	SilverSneakers® Classic 12:00-12:50pm Jane / 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				*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.

Updated 6/1/26