



HEALTHY AGING GROUP EX SCHEDULE

Fall 2023
THE YMCA OF GREATER KALMAZOO

MAPLE

1001 W. Maple Street

Questions? Contact Active for Life Director Shashu Baraka
sbaraka@kzooyymca.org | (p) 2694594856

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 kzooyymcaMotionVibe.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	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
Zumba 9:00-9:50am Denise / CR	Barre 9:15-10:00am Rita / GER	Zumba 9:00-9:50am Denise / CR		Zumba 9:00-9:50am Denise / CR	Water Power 9:00-9:45am Lap Pool
Group Cycling 9:15-10:00am Jim / GER	SilverSneakers® Circuit 11:00-11:50am Takara / GER	Water Power 10:00-10:45am Lap Pool	Moving for Better Balance 10:30-11:30am Jackie / CR	Arthritis Aquatic Exercise 10:00-10:45am Instructional Pool	Shallow Water Exercise 9:00-9:45am Instructional Pool
Water Power 10:00-10:45am Lap Pool	Moving for Better Balance 10:30-11:30am Glenda / CR	Yoga 10:15am-11:15pm Kyle / CR	Aqua Jam 11:00am-11:45pm Instructional Pool	Water Power 10:00-10:45am Lap Pool	Zumba 11:00-12:00pm Denise / CR
Yoga 10:15-11:00am Jackie / CR	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	
SilverSneakers® Boom™ Muscle 10:30-11:45am Shashu / GER	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	
Gentle Yoga 12:00-12:50pm Kyle / CR	*Parkinson's 1:10-2:00pm 2:10-3:00pm Sheri / GER	SilverSneakers® Classic 12:00-12:50pm Annie / GER	*Parkinson's 1:10-2:00pm 2:10-3:00pm Sheri / GER	Gentle Yoga 12:00-12:50pm Kyle / CR	
Arthritis Aquatic Exercise 3:00-3:45pm Instructional Pool	Family Nature Walk 5:15-6:00pm Rebecca / Main Lobby	SilverSneakers® Splash 1:15pm-2:00pm Instructional Pool			
	Barre 5:45-6:30pm Olivia / GER	Aqua Jam 5:15-6:00pm Instructional Pool			
	Yoga 6:45-7:45pm Kyle / CR	Arthritis Aquatic Exercise 6:15-7:00pm Instructional Pool			
Edited 10/20/23					*Chronic disease program. Prior enrollment and medical clearance required.