



HEALTHY AGING
Group Exercise Schedule
FALL 2022

2900 W. Centre Ave
 (p) 269.459.4856
 Active for Life Director | sbaraka@kzooyymca.org

MON	TUE	WED	THU	FRI	SAT
Yoga 9:00-9:50am Philip / Studio	Deep Water Exercise 8:00-8:45am Pool	Deep Water Exercise 9:00-9:45am Pool	SilverSneakers® Classic 8:00-8:50am Michelle / GER	Deep Water Exercise 8:00-8:45am Pool	Group Cycling 8:45-9:30am Michelle / Cycling Studio
Step Challenge 9:15-9:50am JoAnne / GER	Hi Lo 8:00-8:50am Lynda / GER	Step Challenge 9:15-9:50am JoAnne / GER	Shallow Water Exercise 9:00-9:45am Pool	Aqua Stretch & Relax 9:00-9:45am Pool	
Sculpt 10:00-10:45am JoAnne / GER	Shallow Water Exercise 9:00-9:45am Pool	Sculpt 10:00-10:30am JoAnne / GER	Group Cycling 9:00-9:55am Michelle Cycle Studio	Shallow Water Exercise 10:00-10:45am Pool	
Deep Water Exercise 10:00-10:45am Pool	Group Cycling 9:15-10:05am Lynda Cycle Studio	Shallow Water Exercise 10:00-10:45am Pool	Classic Strength 10:15-11:10am Cary / GER	Yoga 10:00-10:50pm Meryl / Studio	
Barre 10:30-11:30am Karen / Studio	Classic Strength 10:15-11:10am Cary / GER	Yoga 10:00-10:50am Ashley / Studio	Barre 10:30-11:30am Kelsey / Studio	SilverSneakers® Classic 10:45-11:40am JoAnne / GER	
Shallow Water Exercise 11:00-11:45am Pool	Barre 10:30-11:30am Kelsey / Studio	SilverSneakers® Classic 11:00-11:50am Lynda / GER	SilverSneakers® Chair Yoga 11:15a-12:00pm Cary / GER	**Women's Self-Defense 12:00-1:00pm Steve / GER	
SilverSneakers® Classic 11:00-11:50am Michelle / GER	Arthritis Aquatic Exercise 11:00-11:45am Pool	Yoga 6:00-7:00pm Sangita / Studio	Total Body Conditioning 12:05-12:50pm Ashley / GER		
SS Boom Mind 12:00-12:50pm Ashley / Studio	Chair Yoga 11:15am-12:00pm Philip / GER	Shallow Water Exercise 7:00-7:45pm Pool	*LiveStrong 1:00-2:15pm Studio		
	Total Body Conditioning 12:05-12:50pm Rebecca / GER		Shallow Water Exercise 6:00-6:45pm Pool		
	*LiveStrong 1:00-2:15pm Studio				
					*Chronic disease programming. Enrollment and medical clearance required.
					**Preregistration required and payment required.

Schedule subject to change. See MotionVibe for the most up to date information. Registration through MotionVibe is recommended for all indoor classes. Register for classes as early as 7am the day prior using our YMCA of Greater Kalamazoo MotionVibe App or online at KzooyymcaMotionVibe.com.

For a better us.