



HEALTHY AGING GROUP EX SCHEDULE

Spring 2023
THE YMCA OF GREATER KALMAZOO

PORTAGE

2900 W. Centre Ave

Questions? Contact Active for Life Director Shashu Baraka
sbaraka@kzooyymca.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 kzooyymcaMotionVibe.com. Schedule subject to change. For most updated information, see MotionVibe.

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	Tai Chi 8:30-9:30am Ryan / Studio	Pilates 9:00-10:00am Kathy / Studio
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	Aqua Stretch & Relax 9:00-9:45am Pool	Yoga 10:15-11:15am Ashley I. / Studio
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	Shallow Water Exercise 10:00-10:45am Pool	
Barre 10:30-11:30am Rita / Studio	Classic Strength 10:15-11:10am Cary / GER	Yoga 10:00-10:50am Ashley / Studio	Barre 10:30-11:30am Karen / Studio	Yoga 10:00-10:50pm Meryl / Studio	
Shallow Water Exercise 11:00-11:45am Pool	Tai Chi 10:45-11:30am Ryan / Studio	SilverSneakers® Classic 11:00-11:50am Lynda / GER	SilverSneakers® Chair Yoga 11:15a-12:00pm Cary / GER	SilverSneakers® Classic 10:45-11:40am JoAnne / GER	
SilverSneakers® Classic 11:00-11:50am Michelle / GER	Arthritis Aquatic Exercise 11:00-11:45am Pool	SilverSneakers® Circuit 12:15-1:05pm Nancy / GER	Total Body Conditioning 12:05-12:50pm Ashley / GER	SilverSneakers® Circuit 12:00-12:55pm Nancy / GER	
SS Boom Mind 12:00-12:50pm Ashley L. / Studio	Chair Yoga 11:15am-12:00pm Philip / GER	TRX Circuit 4:30-5:20pm Ashley S. / Studio	*LiveStrong 1:00-2:15pm Studio	**Women's Self-Defense 12:00-1:00pm Steve / GER	
WOW: Women on Weights 4:30-5:15pm Ashley S. / Studio	Total Body Conditioning 12:05-12:50pm Rebecca / GER	Yoga 6:00-7:00pm Sangita / Studio	Shallow Water Exercise 6:00-6:45pm Pool	Dance Fitness 4:30-5:30pm Annette / GER	
	*LiveStrong 1:00-2:15pm Studio	Aqua Stretch & Relax 7:30-8:15pm Pool			
					*Chronic disease programming. Enrollment and medical clearance required.
					**Preregistration required and payment required.
Edited 3/14/23					