



HEALTHY AGING GROUP EX SCHEDULE

THE YMCA OF GREATER KALMAZOO

PORTAGE

2900 W. Centre Ave

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
Open Water Exercise 8:00-8:45am Pool	Open Water Exercise 8:00-8:45am Pool	Open Water Exercise 8:00-8:45am Pool	Open Water Exercise 8:00-8:45am Pool	Open Water Exercise 8:00-8:45am Pool	
Aqua Jam 9:00-9:45am Pool	Hi Lo 8:00-8:50am Lynda / GER	Deep Water Arthritis+ 9:00-9:45am Pool	SilverSneakers® Circuit 8:00-8:50am Nancy / GER		Group Cycling 8:45-9:30am Rotation / Cycling Studio
Yoga 9:00-9:50am Kathy / Studio	Water Exercise 9:00-9:45am Pool	Step 9:15-9:55am JoAnne / GER	Water Exercise 9:00-9:45am Pool	Aqua Jam 9:00-9:45am Pool	Yoga 10:15-11:15am Rotation / Studio
Step 9:15-9:55am JoAnne / GER	Group Cycling 9:15-10:05am Lynda Cycle Studio	Sculpt 10:05-10:50am JoAnne / GER	Group Cycling 9:15-10:05am Michelle Cycle Studio	**Cardio Drumming 9:45-10:30am Bethany / GER	
Sculpt 10:05-10:50am JoAnne / GER	SilverSneakers® Circuit 10:15-11:05am Nancy / GER	Water Exercise 10:00-10:45am Pool	**Aqua Cardio Drumming 10:00-10:45am Bethany / Pool	Shallow Water Exercise 10:00-10:45am Pool	
**Water Exercise 10:00-10:45am Pool	Yoga 10:00-11:00am Sangita / Studio	Yoga 10:30-11:30am Olivia / Studio	Classic Strength 10:15-11:05am Cary / GER	SilverSneakers® EnerChi 10:30-11:15am Kathy / Studio	
Barre 10:30-11:30am Rita / Studio	Arthritis Aquatic Exercise 11:00-11:45am Pool	Aqua Jam 11:00-11:45am Pool	Barre 10:30-11:30am Jane / Studio	SilverSneakers® Classic 10:45-11:40am JoAnne / GER	
Shallow Water Exercise 11:00-11:45am Pool	SilverSneakers® Chair Yoga 11:15am-12:00pm Sangita / GER	SilverSneakers® Classic 11:00-11:50am Lynda / GER	Arthritis Aquatic Exercise 11:00-11:45am Pool		
SilverSneakers® Classic 11:00-11:50am Michelle / GER	Total Body Conditioning 12:05-12:50pm Rebecca / GER	TRX 12:00-12:50pm Becky M. / Studio	SilverSneakers® Chair Yoga 11:15am-12:00pm Cary / GER		
Yoga 6:00-7:00pm Sarah / Studio	*LiveStrong 1:00-2:15pm Studio	**Cardio Drumming 12:05-12:50pm Bethany / GER	*LiveStrong 1:00-2:15pm Studio		Members must arrive 5-minutes prior to the start of class or forfeit their spot to wait-listed members.
Zumba 6:45-7:45pm Betty / GER		Sculpt 4:30-5:15pm Kim / GER			**Registration and add'l fee required thru your Y-account.
Updated 9/6/25			Shallow Water Exercise 6:00-6:45pm Pool		*Chronic disease programming. Enrollment and medical clearance required.