



# HEALTHY AGING GROUP EX SCHEDULE

Winter 2026  
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
<b>Open Water Exercise</b> 8:00-8:45am Pool	<b>Open Water Exercise</b> 8:00-8:45am Pool	<b>Open Water Exercise</b> 8:00-8:45am Pool	<b>Open Water Exercise</b> 8:00-8:45am Pool	<b>Open Water Exercise</b> 8:00-8:45am Pool	
<b>Aqua Jam</b> 9:00-9:45am Pool	<b>Hi Lo</b> 8:00-8:50am Lynda / GER	<b>Deep Water Arthritis+</b> 9:00-9:45am Pool			<b>Group Cycling</b> 8:45-9:30am Rotation / Cycling Studio
<b>Yoga</b> 9:00-9:50am Kathy / Studio	<b>Water Exercise</b> 9:00-9:45am Pool	<b>Step</b> 9:15-9:55am JoAnne / GER	<b>Water Exercise</b> 9:00-9:45am Pool	<b>Aqua Jam</b> 9:00-9:45am Pool	<b>Yoga</b> 10:15-11:15am Rotation / Studio
<b>Step</b> 9:15-9:55am JoAnne / GER	<b>Group Cycling</b> 9:15-10:05am Lynda Cycle Studio	<b>Sculpt</b> 10:05-10:50am JoAnne / GER	<b>Group Cycling</b> 9:15-10:05am Michelle Cycle Studio	<b>**Cardio Drumming</b> 9:45-10:30am Bethany / GER	
<b>Sculpt</b> 10:05-10:50am JoAnne / GER	<b>SilverSneakers® Circuit</b> 10:15-11:05am Nancy / GER	<b>Water Exercise</b> 10:00-10:45am Pool	<b>**Aqua Cardio Drumming</b> 10:00-10:45am Bethany / Pool	<b>Shallow Water Exercise</b> 10:00-10:45am Pool	
<b>**Water Exercise</b> 10:00-10:45am Pool	<b>Yoga</b> 10:00-11:00am Sangita / Studio	<b>Yoga</b> 10:30-11:30am Olivia / Studio	<b>Classic Strength</b> 10:15-11:05am Cary / GER	<b>SilverSneakers® EnerChi</b> 10:30-11:15am Kathy / Studio	
<b>Barre</b> 10:30-11:30am Rita / Studio	<b>Arthritis Aquatic Exercise</b> 11:00-11:45am Pool	<b>Aqua Jam</b> 11:00-11:45am Pool	<b>Barre</b> 10:30-11:30am Jane / Studio	<b>SilverSneakers® Classic</b> 10:45-11:40am JoAnne / GER	
<b>Shallow Water Exercise</b> 11:00-11:45am Pool	<b>SilverSneakers® Chair Yoga</b> 11:15am-12:00pm Sangita / GER	<b>SilverSneakers® Classic</b> 11:00-11:50am Lynda / GER	<b>Arthritis Aquatic Exercise</b> 11:00-11:45am Pool		
<b>SilverSneakers® Classic</b> 11:00-11:50am Michelle / GER	<b>Total Body Conditioning</b> 12:05-12:50pm Rebecca / GER	<b>TRX</b> 12:00-12:50pm Becky M. / Studio	<b>SilverSneakers® Chair Yoga</b> 11:15am-12:00pm Cary / GER		
<b>Yoga</b> 6:00-7:00pm Sarah / Studio	<b>*LiveStrong</b> 1:00-2:15pm Studio	<b>**Cardio Drumming</b> 12:05-12:50pm Bethany / GER	<b>*LiveStrong</b> 1:00-2:15pm Studio		<b>Members must arrive 5-minutes prior to the start of class or forfeit their spot to wait-listed members.</b>
<b>Zumba</b> 6:45-7:45pm Betty / GER		<b>Sculpt</b> 4:30-5:15pm Kim / GER	<b>SilverSneakers® Circuit</b> 1:00-1:50am Nancy / GER		<b>**Registration and add'l fee required thru your Y-account.</b>
			<b>Shallow Water Exercise</b> 6:00-6:45pm Pool		<b>*Chronic disease programming. Enrollment and medical clearance required.</b>