



HEALTHY AGING GROUP EX SCHEDULE

Winter 2026

THE YMCA OF GREATER KALMAZOO

PORTAGE

2900 W. Centre Ave

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 kzooymca.org/MotionVibe.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			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	SilverSneakers® Circuit 1:00-1:50am Nancy / GER		**Registration and addt'l fee required thru your Y-account.
			Shallow Water Exercise 6:00-6:45pm Pool		*Chronic disease programming. Enrollment and medical clearance required.