



HEALTHY AGING GROUP EX SCHEDULE

Spring 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 kzooyymcaMotionVibe.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 9:15-10:15am Sangita / 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 | |
| Shallow Water Exercise 11:00-11:45am Pool | Yoga 10:00-11:00am Sangita / Studio | Yoga 10:30-11:30am Olivia / Studio | Classic Strength 10:15-11:05am Cary / GER | Sculpt 10:30-11:15am Jane / Studio | |
| Barre 11:00-11:50am Rita / GER | 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 | |
| TRX 12:00-12:50pm Ashley / GER | 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 | | |
| | 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 12:45-2:30pm Studio | **Cardio Drumming 12:05-12:50pm Bethany / GER | *LiveStrong 12:45-2:30pm 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 add'l fee required thru your Y-account. |
| Edited 3/6/26 | | | Shallow Water Exercise 6:00-6:45pm Pool | | *Chronic disease programming. Enrollment and medical clearance required. |