



# 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
<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>SilverSneakers® Circuit</b> 8:00-8:50am Nancy / GER		<b>Group Cycling</b> 8:45-9:30am Rotation / Cycling Studio
<b>Yoga</b> 9:15-10:15am Sangita / 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>**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>Shallow Water Exercise</b> 11:00-11:45am Pool	<b>Yoga</b> 10:00-11:00am Sangita / Studio	<b>Vinyasa Yoga</b> 10:30-11:30am Olivia / Studio	<b>Classic Strength</b> 10:15-11:05am Cary / GER	<b>Sculpt</b> 10:30-11:30am Jane / Studio	
<b>Barre</b> 11:00-11:50am Rita / GER	<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>TRX</b> 12:00-12:50pm Ashley / GER	<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>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> 12:45-2:30pm Studio		<b>*LiveStrong</b> 12:45-2:30pm 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>**Registration and add'l fee required thru your Y-account.</b>
<b>Updated 3/27/26</b>			<b>Shallow Water Exercise</b> 6:00-6:45pm Pool		<b>*Chronic disease programming. Enrollment and medical clearance required.</b>