



HEALTHY AGING GROUP EX SCHEDULE

Fall 2023
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
Yoga 9:00-9:50am Vivek / Studio	Deep Water Exercise 8:00-8:45am Pool	Deep Water Exercise 9:00-9:45am Pool	SilverSneakers® Classic 8:00-8:50am Michelle / GER	Deep Water Exercise 8:00-8:45am Pool	Group Cycling 8:45-9:30am Jon / Cycling Studio
Step Challenge 9:15-9:55am JoAnne / GER	Hi Lo 8:00-8:50am Lynda / GER	Step Challenge 9:15-9:55am JoAnne / GER	Shallow Water Exercise 9:00-9:45am Pool		Pilates or Barre 9:00-10:00am Rotating / Studio
Sculpt 10:00-10:45am JoAnne / GER	Shallow Water Exercise 9:00-9:45am Pool	Sculpt 10:00-10:45am JoAnne / GER	Group Cycling 9:00-9:55am Michelle Cycle Studio	Aqua Stretch & Relax 9:00-9:45am Pool	Yoga 10:15-11:15am Rotating / Studio
Deep Water Exercise 10:00-10:45am Pool	Group Cycling 9:15-10:05am Lynda Cycle Studio	Shallow Water Exercise 10:00-10:45am Pool	Classic Strength 10:15-11:10am Cary / GER	Shallow Water Exercise 10:00-10:45am Pool	
Barre 10:30-11:30am Rita / Studio	SilverSneakers® Classic 10:15-11:10am Michelle / GER	Yoga 10:00-10:50am Sangita / Studio	Barre 10:30-11:30am Karen / Studio	Yoga 10:15-11:05pm Meryl / Studio	
Shallow Water Exercise 11:00-11:45am Pool	Tai Chi 10:45-11:30am Ryan / Studio	SilverSneakers® Classic 11:00-11:50am Lynda / GER	SilverSneakers® Chair Yoga 11:15a-12:00pm Cary / GER	SilverSneakers® Classic 10:45-11:40am JoAnne / GER	
SilverSneakers® Circuit 11:00-11:50am Rotation / GER	Arthritis Aquatic Exercise 11:00-11:45am Pool	SilverSneakers® Circuit 12:00-1:00pm Rotation / GER			
Women on Weights 4:30-5:15pm Melody / Studio	SilverSneakers® Chair Yoga 11:15a-12:00pm Sangita / GER	Women on Weights 4:30-5:15pm Chelsea / GER			
Yoga 6:00-7:00pm Sarah / Studio	Total Body Conditioning 12:05-12:50pm Rebecca / GER	Barre 6:00-7:00pm Karen / Studio			
Zumba 7:00-7:50pm Denise / GER	*LiveStrong 1:00-2:15pm Studio	Aqua Stretch & Relax 7:30-8:15pm Pool	*LiveStrong 1:00-2:15pm Studio		
			Yoga 5:00-5:50pm Vivek / Studio		
			Shallow Water Exercise 6:00-6:45pm Pool		*Chronic disease programming. Enrollment and medical clearance required.

Edited 9/12/23