



HEALTHY AGING GROUP EX SCHEDULE

Winter II - 2024

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
Yoga 9:00-9:50am Vivek / Studio	Deep Water Exercise 8:00-8:45am Pool	Deep Water Exercise 9:00-9:45am Pool	SilverSneakers® Circuit 8:00-8:50am Nancy / GER	Deep Water Exercise 8:00-8:45am Pool	Aqua Jam 8:15am-9:00am Pool <i>Starts Feb 3</i>
Step Challenge 9:10-9:50am JoAnne / GER	Hi Lo 8:00-8:50am Lynda / GER	Step Challenge 9:10-9:50am JoAnne / GER	Shallow Water Exercise 9:00-9:45am Pool		Group Cycling 8:45-9:30am Jon / Cycling 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	Pilates 9:00-10:00am Kathy / 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	Yoga 10:15-11:15am Rotating / Studio
Barre 10:30-11:30am Rita / Studio	SilverSneakers® Circuit 10:15-11:05am Nancy / GER	Yoga 10:00-10:50am Sangita / Studio	Barre 10:30-11:30am Karen / Studio	Vinyasa Yoga 10:15-11:05pm Meryl / Studio	
Shallow Water Exercise 11:00-11:45am Pool	Arthritis Aquatic Exercise 11:00-11:45am Pool	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® Classic 11:00-11:50am Michelle / GER	SilverSneakers® Chair Yoga 11:15am-12:00pm Sangita / GER		Pilates 12:00-12:45pm Kathy / Studio	Men's Self Defense 11:30am-12:30pm Steve / Studio	
Women's Self Defense 12:30-1:30pm Steve / Studio	Pilates 12:00-12:45pm Kathy / Studio	Women on Weights 4:30-5:15pm Chelsea / GER	Yoga 5:00-5:50pm Vivek / Studio		
Women on Weights 4:30-5:15pm Melody / Studio	Total Body Conditioning 12:05-12:50pm Rebecca / GER	Barre 6:00-7:00pm Karen / Studio			
Yoga 6:00-7:00pm Sarah / Studio	*LiveStrong 1:00-2:15pm Studio		*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 7:00-7:50pm Denise / GER			Yoga 5:00-5:50pm Vivek / Studio		Pre-registration Required. Session runs 1/8-2/23/24.
Edited 1/23/24			Shallow Water Exercise 6:00-6:45pm Pool		*Chronic disease programming. Enrollment and medical clearance required.