

ENERGY
JOY
GROWTH
FRIENDSHIP
DIVERSITY **FUN**
LIFE-CHANGING
TOGETHERNESS
BALANCE
HEALTHY
LIVING
TRANSFORMATION
STRENGTH EXERCISE
CARING
FLEXIBILITY
DETERMINATION
CONFIDENCE
BELONGING
LEARNING
LIFE
FAMILY



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The Y. For a Better Us.

YMCA OF GREATER KALAMAZOO

2022 Winter, Spring I, and Spring II Program Guide

OUR MISSION

The YMCA puts Christian principles into practice through programs that build healthy spirit, mind, and body for all.

STATEMENT OF INCLUSION

The YMCA of Greater Kalamazoo is proud to be an association made up of people from every walk of life, working side by side to strengthen communities. Together, we strive to ensure that everyone, regardless of age, race, gender, gender identity, gender expression, income, faith, sexual orientation, ability, or cultural background, has the opportunity to live life to its fullest and is celebrated as a valued part of our community.

AREAS OF FOCUS

The Y is a cause-driven organization that is for youth development, healthy living, and social responsibility. That's because a strong community can only be achieved when we invest in our kids, our health, and our neighbors.

FINANCIAL ASSISTANCE

Every day, the Y works to address the most pressing needs in the community it serves by making sure that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. We provide financial assistance for the following programs:

- Youth, Individual, or Household YMCA Memberships
- Early Learning and childcare services
- Programs such as tennis, aquatics, Y-Ball, and Flag Football

Applications for Financial Assistance are available on our website and at Member Services at each location. Proof of income is required.

BENEFITS OF MEMBERSHIP

- Access to convenient locations in both Kalamazoo and Portage
- State of the art fitness centers with exercise machines, free weights, resistance training equipment, and more
- Pools, gyms, tracks, racquetball courts, and tennis* courts allow year-round access to improved health
- FREE group fitness classes, including LES MILLS, water fitness classes, Silver Sneakers, and virtual classes**
- Reduced or no-cost program fees
- Kids Zone drop-in child care*
- Access to Y locations across the country**

** Fee-based*

*** Dependent on membership type*

COVID CARE

Our priority is keeping our members as safe and protected as possible while using our facilities. We continue to follow strict guidelines from the CDC, state, and county authorities. The most current masking and social distancing policies are available on the website.

WHY JOIN THE Y?

The Y is committed to helping you thrive at each stage of life. Commit yourself to a healthier lifestyle with a Y membership to help you achieve your goals and live up to your best potential.

TWO EASY WAYS TO JOIN:



VISIT



ONLINE

STAY INFORMED:

Y Connections
Weekly Newsletter



www.kzooyymca.org

COME
BACK
BETTER.

"Do more than belong: participate. Do more than care: help. Do more than believe: practice. Do more than be fair: be kind. Do more than dream: work." — William Arthur Ward

MAPLE

1001 W. Maple Street
Kalamazoo, MI 49008
269.345.9622

FACILITY AMENITIES

24/7 Access*
Aquatic Center (lap pool, instructional pool
w/zero-depth entry, wading/splash pool,
resistance pool, hot tub)
Badminton
Basketball Courts/Gymnasium
Cardio, Strength, and Free-Weight Areas
Early Learning Preschool Center*
Group Exercise Rooms
Kids Zone drop-in child care*
Locker Rental*
Locker Rooms (all access, women's, men's)
Racquetball Courts
Sauna*
Steam Room*
Stretch Zone
Tennis Courts (indoor)*
Towel Service*
Track
Youth Development Center (rock climbing
wall, ping pong, foosball, outdoor Gaga Pit)

PORTAGE

2900 W. Centre Avenue
Portage, MI 49024
269.324.9622

FACILITY AMENITIES

Basketball Courts
Cardio, Strength, and Free-Weight Areas
Early Learning Preschool Center*
Group Exercise Rooms
Kids Zone drop-in child care
Locker Rental*
Locker Rooms (all-access, women's, men's)
Pickleball
Pool (lap/instructional)
Stretch Zone
Tennis Courts (indoor and outdoor clay)*
Track
Youth Center (ping pong, air hockey, foosball,
retro gaming console)

**Fee-Based*

LINCOLN YOUTH CENTER

912 N. Burdick St.
Kalamazoo, MI 49007
269.345.9845

The YMCA's presence at Lincoln International Studies School consists of a comprehensive academic support program during the school year and an Achievement Gap summer program. Contact Jen Shea at jshea@kzooyymca.org for more information.



IMPORTANT DATES WINTER/SPRING 2022 AT THE YMCA of GREATER KALAMAZOO

SESSION PERIODS

Registration Opens: Monday, December 6

Winter Session: January 3—February 19

Spring I Session: February 21—April 16

Registration Opens: Monday, February 7

Spring II Session: April 18—June 4

SPRING SPORTS CAMPS

March 29—April 1

SUMMER CAMP

Registration Opens: Monday, April 4

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KZOOYMCA.ORG





Y EARLY LEARNING

1001 W. Maple Street, Kalamazoo
2900 W. Centre Avenue, Portage

NEW!

PHILOSOPHY

YMCA Early Learning (preschool and pre-K) programs strengthen families and boost youth development by offering learning readiness experiences and comprehensive child development program's Early Learning builds a foundation for ongoing and future achievement and success.

PROGRAM HIGHLIGHTS

- Licensed by the State of Michigan
- Great Start to Quality participant
- KC Ready 4s partner
- Creative Curriculum
- Swim lessons
- Tennis lessons
- Nature walks
- Physical education class
- Financial assistance available

YMCA MEMBERSHIP

Children registered for 5 full days per week will receive a free family membership during the school year. With the YMCA membership your family can spend quality and active time together while also allowing adults time to focus on their wellness. This membership may be used at the Portage and Maple branches.

To register, please visit www.kzooyymca.org or email childcare@kzooyymca.org.

Please contact Early Learning Director Tim Sheldon with questions at 269.345.9622 ext. 161 or tsheldon@kzooyymca.org.

PRIME TIME

Prime Time is before and after school care for KPS students in grades K-5. We have locations at several KPS elementary schools and one at the Maple YMCA. Prime Time engages kids in physically active, educational, and imaginative activities that encourage exploration of who they are and what they can achieve. Our programs are inclusive and offer a combination of free-choice and structured age-appropriate activities.

Our program includes the CATCH curriculum, which aims to engage children in intentional physical activity and nutrition education. We also offer healthy afternoon snacks, academic support, STEM, character development, and more! We promote the Y's four core values: caring, honesty, respect, and responsibility; and incorporate the CHAMPS program at all of our sites.

C – caring

H – honesty

A – always respectful

M – making responsible choices

P – positive attitude

S – safety first

All Prime Time programs are licensed by the State of Michigan and are run by qualified youth development staff. Morning care is available 6:30am-8:45am and afternoon care from 3:45pm-6pm. See the website for current locations.

KIDS ZONE

Need a nurturing place for your child while you work out? Our Kids Zone is childcare for members to utilize while they are at the Y. The parent/caregiver must be onsite at the Y at all times and provide contact information.

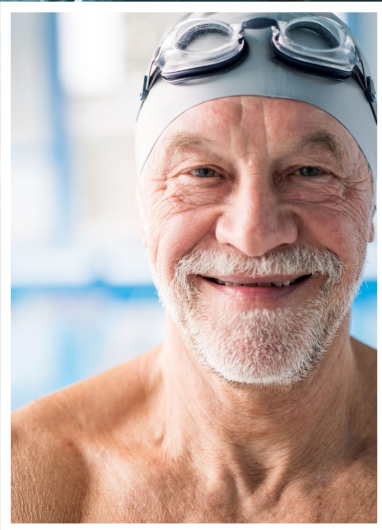
- Ages: Six weeks through eight years of age
- Members only
- Monthly fee of \$6
- Two-hour max per day



“Movement is the door to learning.” — Paul E. Dennison

YOUTH DEVELOPMENT

CLASS/PROGRAM	DESCRIPTION	WINTER	SPRING I	SPRING II
Ballet	Basic beginner ballet skills, balance, jumps and turns will be achieved by the end of the session. Ballet slippers or socks are required.	Maple	Maple	Maple
Basketball * Itty Bitty (3-5 years) * Rookies (6-8 years)	Teaches the basics of dribbling, shooting, and passing through drills, activities, and skill-related games.	Maple Portage	Maple Portage	Maple Portage
Fencing * Beginning * Advanced	Tri-Blade Academy instructors teach basic positions. Equipment is provided. Comfortable gym attire is recommended.	Maple Portage	Maple Portage	Maple Portage
Golf Lessons Youth	Golf Pro Sharon King teaches form and how to hit drives (irons and woods), short game (chipping, putting, sand, and pitching), and play on a short course. A video analysis is included. Clubs and balls are provided. <i>(NOTE: At The Dome in Schoolcraft on US 131)</i>	The Dome	The Dome	The Dome
Hip Hop/Jazz Dance	Teaches the basics of jazz and hip hop, as well as some contemporary dance movement. Great for teen dancers with no experience, and for others looking to improve their skills. Jumps, turns, and combinations will be explored every week.	Maple	Maple	Maple
Home School Gym Class	Home school students can have fun playing and learning a variety of sports.	Portage	Portage	—
Korean Karate	Develops the whole person in mind, body, and spirit while teaching effective self-defense skills. Practice of this art develops strong character through its five primary tenets: Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit.	Portage	Portage	Portage
Piano Labs * Elementary School (7-10 years) * Middle School (11-14 years) * (Adults, 18+)	A program of The Gilmore, the Y hosts small group piano lessons for students with no or some previous piano or music reading experience. Digital pianos, folders, and music are provided. Level 1 and Level 2 classes are available. After you register, the Gilmore Education Department will contact you to confirm the class day and time. For more information, call 269-342-1166 or email aschumaker@thegilmore.org.	Maple	Maple	Maple
Pickleball Introduction	An introductory class for people new to paddle sports. Safety, equipment, scoring, rules, serve and return, point play and game play are some of the topics included. Paddles provided.	Portage	Portage	—
Pickleball Beginner	This class is for new Pickleball players with experience in tennis or racquetball. Safety, equipment, scoring, rules, serve and return, point play, and game play are some of the topics included. Paddles provided.	Portage	Portage	—
Pint Size Play (18-36 months)	Features free play, games, and parachute time that stimulates cognitive development and physical and social skills. Parent and child interaction throughout the session.	Portage	Portage	Portage
Sporties for Shorties (3-6 years)	Teaches skills including throwing, catching, kicking, and more. This is a great introduction to football, soccer, gymnastics, baseball, volleyball, floor hockey, and lacrosse.	Maple Portage	Maple Portage	Maple Portage
Taekwondo * (4-6 years) * (7-11 years) * Advanced (youth-adult)	Build confidence, self-esteem, respect, discipline, strength, flexibility, and patience in a teamwork setting. Learn how to channel energy into a positive attitude in a FUN and active atmosphere.	Maple	Maple	Maple
Volleyball (7-14 years)	Develop basic skills and gain knowledge and experience in teamwork, strategy, and game play.	Maple	Maple	Maple



AQUATICS

Youth Instructional Classes

CLASS/PROGRAM	DESCRIPTION	WINTER	SPRING I	SPRING II
Level A (6 months—2 years)	30 minute swim lesson with a parent/caregiver in the water. Focus is on water exploration, adjustment, and fun.	Maple Portage	Maple Portage	Maple Portage
Level B (2—4 years)	30 minute swim lesson with a parent/caregiver in the water. Focus is on safety and learning to swim independently of the adult, while using flotation devices.	Maple Portage	Maple Portage	Maple Portage
Level 1 & 2 (3—5 years)	30 minute swim lesson without a parent/caregiver in the water. Focus is on swim basics and water adjustment. Child must be comfortable enough to swim with flotation, independent of the instructor.	Maple Portage	Maple Portage	Maple Portage
Level 3 (3—5 years)	30 min swim lesson without a parent/caregiver in the water. Children should be able to jump independently and swim horizontally with face in the water (without flotation). Child should also be comfortable getting their eyes wet while blowing bubbles.	Maple Portage	Maple Portage	Maple Portage
Level 3 (6—12 years)	45 minute swim lesson; beginner level for ages 6 and over. Water adjustment and basic swim skills. Some children will use flotation as needed.	Maple Portage	Maple Portage	Maple Portage
Level 4 (6—12 years)	45 minute swim lesson. Children should be able to swim the length of the pool in a horizontal position without flotation, and swim on their front & back for least 25 yards unassisted and without flotation. Must be comfortable putting their in face in the water.	Maple Portage	Maple Portage	Maple Portage
Level 5 (6—12 years)	45 minute swim lesson. Children should be able to swim Freestyle and Backstroke, with ability to do Breaststroke and Butterfly kicks. Child must be able to swim 25 yards with perfected rotary breathing.	Maple Portage	Maple Portage	Maple Portage
Level 6 (6—12 years)	45 minute swim lesson. Children should be able to swim all four swim strokes and be able to swim multiple laps of each. Child must have passed Level 5 or be evaluated. Must have ability to swim 50 yards of perfected rotary breathing and backstroke.	Portage	Portage	Portage

Adult Aquatics: Instructional & Fitness

CLASS/PROGRAM	DESCRIPTION	WINTER	SPRING I	SPRING II
Adult Open Swim	Time where adults may use the pool for exercise, therapy, or relaxation. No lane lines will be in the pool.	Maple	Maple	Maple
Arthritis	Gentle water exercise with a focus on joint mobility, stability, flexibility, and strength.	Maple Portage	Maple Portage	Maple Portage
Deep Water Exercise	Conducted in the deep end of the pool, this is a full –body workout. Class focuses on muscular strength motions that work the body's major muscle groups, as well as motions that work with core and balance. Flotation and resistance equipment are used. Population: people who have been active for the last 3-6 months with no physical limitations.	Portage	Portage	Portage
Family Swim	Pool time for parents and kids. Available for registration through MotionVibe. Only one member needs to register for the time slot. You may bring up to five additional members of the same household in to swim for the designated time. Any child requiring flotation or under the age of 8 must have an adult in the water with them.	Maple Portage	Maple Portage	Maple Portage
Lifeguard Certification	Lifeguard certification class. Participants must be 15+ years old. Upon passing all requirements participants will receive certification in, 1 st Aid, CPR, AED, and Lifeguarding from the Red Cross. Ability to swim Freestyle and Breaststroke for 300 yards swim to the bottom of the pool and tread water for an extended amount of time are required.	Maple	Maple	Maple
Shallow Water Exercise	Shallow water exercise: Cardio based water exercise class taught in the shallow end of the pool. Participants must be high school age or older. An entire body workout that is easier on the joints compared to land workouts.	Maple Portage	Maple Portage	Maple Portage
Water Power	Our most intense water class offered, takes place in the shallow and deep end of the pool and uses resistance equipment.	Maple	Maple	Maple
Water Tai Chi	Gentle water class, focusing on balance, mobility, being in tune with your body and positive energy. Water as a way to experience peace of mind and body.	Maple	Maple	Maple

Swim Team: Southwest Y Sharks

TEAM	DESCRIPTION	WINTER	SPRING I	SPRING II
Pre-Competitive <i>8-13 years</i>	1 hour swim practice. Swimmers should be able to pass a Level 5 swim class before participating, swim 200 yards, 100 yards of continuous Freestyle and Backstroke, and have working knowledge of Breaststroke, Butterfly, and flip turns.	Maple	Maple	Maple
Swim Team <i>8-18 years</i>	1.5-2 hour swim practice. Swimmers need to have either have participated with another swim team or tested out of the pre-competitive program. Check with the Aquatics department for specific qualifications.	Maple	Maple	Maple





TENNIS – YOUTH

CLASS/PROGRAM	DESCRIPTION	WINTER	SPRING I	SPRING II
Tiny Tykes (3-4 years)	This beginners class is designed to develop hand-eye coordination and listening skills. It emphasizes group interaction and uses age appropriate equipment.	Maple Portage	Maple Portage	Maple Portage
Futures (4-6 years)	This class continues to reinforce the basic tennis fundamentals focusing on match play and basic strategy, using 36-foot courts.	Maple Portage	Maple Portage	Maple Portage
Competitors 1 (6-12 years)	The first step to becoming a tournament level tennis player. Focus is on stroke technique, as well as learning how to compete with other children in a controlled environment. Sportsmanship and fair play are emphasized. Off-court strength and quickness training are introduced. Both 36-foot and 60-foot courts are used.	Maple Portage	Maple Portage	Maple Portage
Competitors 2 (7-12 years)	Players can rally and serve consistently and are developing directional control. The goal is to develop a well-rounded, competitive game. Strength and quickness are developed through off-court training. Involvement in USTA tournament play is encouraged. 60-foot courts are used. Pro approval required.	Maple Portage	Maple Portage	Maple Portage
Competitors 3 (7-12 years)	These kids can play! Players rally consistently, execute some advanced tactics, and are comfortable in USTA tournament and Junior Team play. Players work on developing effective swing technique (including the use of spin and speed), becoming more aware of their opponent, how to structure a point in their favor, and refining serve techniques (including the spin on the second serve).	Maple Portage	Maple Portage	Maple Portage
Teen Tennis (12-17 years)	An introductory level class for teens who want to learn the basics of the game.	Maple	Maple	Maple
Tour	Designed for tour-level students who have mastered the basic techniques and tactics. Development of stamina and strength through rigorous off-court conditioning is emphasized. Players will work on varying the flight time, spin and speed of the ball, and developing a tactical game plan around attacking and defending. Players will travel to USTA tournaments outside of the Kalamazoo area.	Maple	Maple	Maple
Varsity	For the student who wants to make an impact on their high school team. Focus continues on conditioning, drills to hone technique, and match play situations.	Maple Portage	Maple Portage	Maple Portage
All State	These players are our strongest in our Team Training Program. Through strength training, match play, and drills designed around point play, players grow to their greatest potential. Instructor approval is required.	Maple Portage	Maple Portage	Maple Portage
Elite I	Players must already prove themselves to be highly self motivated. USTA tournament play must be a priority, with an emphasis on Midwest rankings. Classes are based around competitive situations and advanced stroke technique. Pro approval is required.	Maple	Maple	Maple
Elite II	Our most advanced class. Players must be able to handle accelerated ball speeds and be extremely consistent. USTA tournament play is mandatory, with an emphasis on the Midwest and National levels. All players involved in this class should have the desire to play college tennis or beyond. Pro approval is required.	Maple	Maple	Maple
Wheelchair Tennis	Introduction to learning stroke development and movement for the sport.	—	—	Maple

TENNIS – ADULT

CLASS/PROGRAM	DESCRIPTION	WINTER	SPRING I	SPRING II
Adult Beginner <i>(2.0 NTRP—Beginner)</i>	Novice players develop skills and confidence by using transitional balls to learn to play singles and doubles.	Maple Portage	Maple Portage	Maple Portage
Adult Intermediate <i>(3.0—3.5 NTRP)</i>	This class fine tunes the fundamentals for players with some previous playing and/or lesson experience.	Maple Portage	Maple Portage	Maple Portage
Adult Advanced <i>(3.5—4.0 NTRP)</i>	This class provides high-intensity practice, focused on developing the all-court player. Instructor approval required.	Portage	Portage	Portage
3D Dynamic Doubles Drill	Open practice with fast-paced doubles drills for 3.0 - 4.5 level players. Lots of net play!	Maple Portage	Maple Portage	Maple Portage
Cardio Tennis	Swing a tennis racquet and burn calories with this high-intensity aerobic workout. Everyone is invited to join, regardless of skill level. Non-marking shoe soles are required. Tennis racquets can be provided.	Maple Portage	Maple Portage	Maple Portage
Mixed Doubles League	Mixed doubles league. Round Robin doubles play each week. 3.0-3.5 NTRP.	Portage	Portage	Portage
Singles Drop-In Drills	Match play and drills for singles players 3.0 - 3.5 level players. This drill-based training session is a great addition to bring your singles game and USTA match play to the next level.	Portage	Portage	Portage
Women's Doubles Leagues	Women's doubles leagues range in levels from 2.5 NTRP through 3.5 NTRP.	Portage	Portage	Portage

ALSO AVAILABLE:

- Private Lessons
- Travel Teams
- Racquet Stringing



COURT RATES

Day	Time	Adult	Youth w/Adult
Mon-Fri	5am - 9am	\$14/hour	\$12/hour
Mon-Fri	9am - 3pm	\$18/hour	
Mon-Fri	3pm - 9pm	\$22/hour	
Mon-Fri	9pm-10pm	\$14/hour	
Sat-Sun	All Day	\$16/hour	





HEALTH AND WELLNESS

CLASS/PROGRAM	DESCRIPTION	WINTER	SPRING I	SPRING II
Active8	BRAND NEW in 2022! 8 weeks to a healthier lifestyle through focus and intention. Each team of 6-8 participants will be led by a certified personal trainer. This program allows each participant to receive goal-specific trainer support and the accountability and motivation of a team.	Maple Portage	Maple Portage	Maple Portage
Barre	Fusing the best of Pilates, yoga, and aerobics with elements of the strengthening exercises that dancers do, Barre class delivers a results-driven workout that is fun and dynamic, and will sculpt your body and get you into amazing shape.	Maple Portage	Maple Portage	Maple Portage
Barre/ Yoga Fusion	A combination of Pilates and yoga, you will exercise your body, mind, and spirit. Gain strength, balance, and harmony through postures, stretching, and strengthening exercises that focus on building your core and increasing flexibility and balance.	Portage	Portage	Portage
BodyCombat® Les Mills	This class will challenge you to punch and kick your way to fitness. This high-energy martial-arts-inspired workout is totally non-contact and there are no complex moves to master. You will be motivated to make the most of every round.	Portage	Portage	Portage
BodyFlow® Les Mills	Ideal for all fitness levels, BODYFLOW® is the yoga-based class that will improve your mind, your body, and your life as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.	Maple	Maple	Maple
BodyPump® Les Mills	BODYPUMP is a barbell workout for anyone looking to get lean, toned, and fit fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout.	Maple Portage	Maple Portage	Maple Portage
Cardio Kickboxing	Cardio Kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.	Maple	Maple	Maple
Classic Strength Chair Fitness	A full-body strength training class specifically designed to build strength, add definition, improve bone density, and decrease body fat while increasing lean muscle through basic moves and range of motion. A chair is used for support. All levels welcome. Ideal for the healthy aging population.	Maple Portage	Maple Portage	Maple Portage
Group Cycling	Great cardiovascular and leg workout that consists of a warm-up, varied intensity intervals, and a cool down. All fitness levels welcome.	Maple Portage	Maple Portage	Maple Portage

CLASS/PROGRAM	DESCRIPTION	WINTER	SPRING I	SPRING II
Insanity®	Insanity is a cardio class, based on max interval training. This class will use athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training for a great workout.	Maple	Maple	Maple
Kettlebell	Traditional kettlebell workout that utilizes challenging, compound exercises such as the clean & press, high-row, and snatch. Your cardiovascular endurance, muscular strength, and joint stability will be constantly tested.	Maple	Maple	Maple
LIVESTRONG at the YMCA®	Program participants work with trained Y staff to improve cardiovascular endurance and functional ability, build muscle mass and strength, and increase flexibility. In addition to physical benefits, the program also focuses on the mental and emotional well-being of survivors and their families. Physician clearance and authorization is required. Please contact Shashu Baraka for more information at sbaraka@kzooyymca.org.	Portage	Portage	—
Moving for Better Balance®	The program protocol consists of a core eight-form routine and a subroutine of eight integrated therapeutic movements forms that have been derived from the traditional 24-form Yang-style of Tai Chi, progressing from easy to more difficult which collectively involve a set of simple, rhythmic Tai Chi-based actions.	Maple	Maple	Maple
Parkinson's Program	This fitness program is designed to optimize physical function and help delay the progression of symptoms associated with Parkinson's disease. Physician clearance and authorization is required. Please contact Shashu Baraka for more information at sbaraka@kzooyymca.org.	Portage	Portage	—
Pilates®	Pilates helps you tone and strengthen every part of your body. This popular form of exercise focuses on stabilization, concentration, control, flow, breath and precision. Our Pilates mat classes review the following movement techniques: neutral spine, core engagement, C-curve, spinal articulation and more. All exercises can be modified so you can work at your own level.	Maple	Maple	Maple
POUND®	Channel your inner rockstar with this full body cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums.	Maple	Maple	Maple



CLASS/PROGRAM	DESCRIPTION	WINTER	SPRING I	SPRING II
POMSQUAD™	POMSQUAD™ is a super fun, immensely positive, high-energy dance fitness class. You will be shaking your poms while prancing, dancing, bending, and snapping to today's hits and yesterday's favorites. Poms not required.	Portage	Portage	Portage
SCULPT	Get ready for a total body toning! This low-impact class will give you a total body work out using body weight and light weights.	Maple Portage	Maple Portage	Maple Portage
Silver Sneakers BOOM Muscle®	High intensity with no to low impact. The only prerequisite to this class is the ability to get on and off the floor. This class uses mats, hand weights, resistance bands, small (Pilates) balls, and stability balls. Silver Sneakers BOOM Muscle is for anyone. The BOOM formats were developed with the baby boomer in mind who isn't ready for chair fitness. Arrive 10-15 minutes early to gather your equipment and ask any questions you may have. First time participants, please contact Shashu Baraka at sbaraka@kzooymca.org prior to attending.	Maple	Maple	Maple
Silver Sneakers Chair Yoga®	Silver Sneakers® Yoga will move your whole body through a series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.	Maple Portage	Maple Portage	Maple Portage
Silver Sneakers Classic®	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. A variety of equipment is used for resistance. A chair is used for support.	Portage	Portage	Portage
Classic Strength Chair Fitness	A full-body strength training class specifically designed to build strength, add definition, improve bone density, and decrease body fat while increasing lean muscle through basic moves and range of motion. A chair is used for support. All levels welcome. Ideal for the healthy aging population.	Maple Portage	Maple Portage	Maple Portage
Step	Step aerobics is a classic cardio workout. The "step" is a 4"-12" raised platform. Step up, around, and down from the platform in different patterns to boost your heart rate and breathing and strengthen your muscles. Step aerobic moves are paired with upbeat music and range from simple to advance with options to modify. All levels welcome.	Portage	Portage	Portage
Step Challenge	Cardiovascular conditioning on the step with challenging choreography, followed by strength/resistance training.	Portage	Portage	Portage
STRONG Nation™	STRONG Nation™ combines body weight, muscle conditioning, cardio, and plyometric training moves synced to original music that has been specifically designed to match every single move.	Maple	Maple	Maple
Total Body Conditioning	Total body conditioning classes incorporate strength exercises and cardio segments using equipment such as dumbbells, stability balls, and steps. Total Body conditioning classes are intended to provide total fitness and overall toning by working every major muscle group in one workout	Maple	Maple	Maple
TRX Circuit	TRX is a workout system that leverages gravity and your body weight to perform exercises. You're in control of how much you want to challenge yourself on each exercise, because you can simply adjust your body position to add or decrease resistance. Suspension training develops strength, balance, flexibility, and core stability.	Maple Portage	Maple Portage	Maple Portage
Yoga	In this all levels class, postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement. Full-body relaxation and balance are the goals, as we make a full circuit of the body's range of motion with standing postures, twists, backbends, forward folds and hip openers. Yoga mats, blocks and straps are provided if needed.	Maple Portage	Maple Portage	Maple Portage
Zumba®	Zumba takes the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning, dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.	Maple Portage	Maple Portage	Maple Portage