



# HEALTHY AGING GROUP EX SCHEDULE

Fall 2024  
THE YMCA OF GREATER KALMAZOO

## MAPLE

1001 W. Maple Street

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
<b>SilverSneakers® Classic</b> 8:00-8:50am Michelle / GER	<b>Shallow Water Exercise</b> 9:00-10:00am Instructional Pool	<b>Shallow Water Exercise</b> 8:10-8:50am Instructional Pool	<b>Shallow Water Exercise</b> 9:00-10:00am Instructional Pool	<b>Shallow Water Exercise</b> 9:00-10:00am Instructional Pool	<b>Group Cycling</b> 8:15-9:00am Takara / GER
<b>Shallow Water Exercise</b> 8:10-8:50am Instructional Pool	<b>Barre</b> 9:15-10:00am Rita / GER	<b>Shallow Water Exercise</b> 9:00-10:00am Instructional Pool	<b>Moving for Better Balance</b> 10:30-11:30am Jackie / CR	<b>Zumba</b> 9:00-9:50am Denise / CR	<b>Shallow Water Exercise</b> 9:00-10:00am Instructional Pool
<b>Shallow Water Exercise</b> 9:00-10:00am Instructional Pool	<b>SilverSneakers® Circuit</b> 11:00-11:50am Takara / GER	<b>Zumba</b> 9:00-9:50am Denise / CR			
<b>Zumba Tone</b> 9:00-9:50am Denise / CR	<b>Moving for Better Balance</b> 10:30-11:30am Glenda / CR	<b>Water Power</b> 10:00-10:45am Lap Pool	<b>Aqua Tai Chi</b> 11:00-11:45am Instructional Pool	<b>Water Power</b> 10:00-10:45am Lap Pool	<b>Zumba</b> 11:00-12:00pm Denise / CR
<b>Group Cycling</b> 9:15-10:00am Jim / GER	<b>Shallow Water Exercise</b> 12:00-12:45pm Instructional Pool	<b>Yoga</b> 10:15am-11:15pm Kyle / CR	<b>Aging Strong</b> 11:00-11:50am Hannah / GER	<b>Arthritis Aquatic Exercise</b> 10:00-11:00am Instructional Pool	
<b>Water Power</b> 10:00-10:45am Lap Pool	<b>Arthritis Aquatic Exercise</b> 1:00-2:00pm Instructional Pool	<b>SilverSneakers® Boom™ Muscle</b> 10:30-11:45am Shashu / GER	<b>Shallow Water Exercise</b> 12:00-12:45pm Instructional Pool	<b>Yoga</b> 10:15-11:15am MaryBeth / CR	
<b>Yoga</b> 10:15-11:00am Jackie / CR	<b>Barre</b> 5:45-6:30pm Olivia / GER	<b>Yoga</b> 11:15am-12:15pm Kyle / CR	<b>Arthritis Aquatic Exercise</b> 1:00-2:00pm Instructional Pool	<b>SilverSneakers® Boom™ Muscle</b> 10:30-11:45am Shashu / GER	
<b>SilverSneakers® Boom™ Muscle</b> 10:30-11:45am Shashu / GER	<b>Yoga</b> 6:45-7:45pm Kyle / CR	<b>Arthritis Aquatic Exercise</b> 12:00-12:45pm Instructional Pool		<b>Gentle Yoga</b> 12:00-12:50pm Kyle / CR	
<b>Gentle Yoga</b> 12:00-12:50pm Kyle / CR		<b>SilverSneakers® Classic</b> 12:00-12:50pm Rotation / GER			
<b>*Parkinson's</b> 1:30-2:30pm Sheri / GER		<b>*Parkinson's</b> 1:30-2:30pm Sheri / GER			
<b>Arthritis+ Aquatic Exercise</b> 3:00-4:00pm Instructional Pool		<b>Arthritis+ Aquatic Exercise</b> 6:15-7:00pm Instructional Pool			*Chronic disease program. Prior enrollment and medical clearance required.
					<b>Members must arrive 5-minutes prior to the start of class or forfeit their spot to waitlisted members.</b>