



HEALTHY AGING GROUP EX SCHEDULE

January 2025
THE YMCA OF GREATER KALMAZOO

MAPLE

1001 W. Maple Street

Questions? Contact Active for Life Director Shashu Baraka
sbaraka@kzooyymca.org | (p) 2694594856

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
SilverSneakers® Classic 8:00-8:50am Michelle / GER	Shallow Water Exercise 9:00-10:00am Instructional Pool	Shallow Water Exercise 8:00-8:50am Instructional Pool	Shallow Water Exercise 9:00-10:00am Instructional Pool	Shallow Water Exercise 9:00-10:00am Instructional Pool	Group Cycling 8:15-9:00am Takara / GER
Shallow Water Exercise 8:00-8:50am Instructional Pool	Barre 9:15-10:00am Rita / GER	Shallow Water Exercise 9:00-10:00am Instructional Pool	Moving for Better Balance 10:30-11:30am Jackie / CR	Zumba 9:00-9:50am Denise / CR	Shallow Water Exercise 9:00-10:00am Instructional Pool
Shallow Water Exercise 9:00-10:00am Instructional Pool	SilverSneakers® Circuit 10:30-11:15am Takara / GER	Zumba 9:00-9:50am Denise / CR		**Core & Mobility 9:15-10:00am Rebecca / GER	
Zumba Tone 9:00-9:50am Denise / CR	Moving for Better Balance 10:30-11:30am Glenda / CR	Water Power 10:00-10:45am Lap Pool	Aqua Tai Chi 11:00-11:45am Instructional Pool	Water Power 10:00-10:45am Lap Pool	Zumba 11:00-12:00pm Denise / CR
Group Cycling 9:15-10:00am Jim / GER	Shallow Water Exercise 12:00-12:45pm Instructional Pool	Yoga 10:15am-11:15pm Kyle / CR	**Sculpt 11:00-11:50am Hannah / GER	Arthritis Aquatic Exercise 10:00-11:00am Instructional Pool	
Water Power 10:00-10:45am Lap Pool	Arthritis Aquatic Exercise 1:00-2:00pm Instructional Pool	**SilverSneakers® Boom™ Muscle 10:30-11:45am Shashu / GER	Shallow Water Exercise 12:00-12:45pm Instructional Pool	Yoga 10:15-11:15am MaryBeth / CR	
Yoga 10:15-11:00am Jackie / CR	Barre 5:45-6:20pm Rita / GER	Yoga 11:15am-12:15pm Kyle / CR	Arthritis Aquatic Exercise 1:00-2:00pm Instructional Pool	**SilverSneakers® Boom™ Muscle 10:30-11:45am Shashu / GER	
**SilverSneakers® Boom™ Muscle 10:30-11:45am Shashu / GER	Dance Fitness 5:30-6:30pm Annette / CR	Arthritis Aquatic Exercise 12:00-12:45pm Instructional Pool		Gentle Yoga 12:00-12:50pm Kyle / CR	
Gentle Yoga 12:00-12:50pm Kyle / CR	Yoga 6:45-7:45pm Kyle / CR	SilverSneakers® Classic 12:00-12:50pm Rotation / GER			*Chronic disease program. Prior enrollment and medical clearance required.
*Parkinson's 1:30-2:30pm Sheri / GER		*Parkinson's 1:30-2:30pm Sheri / GER			**Participants must be able to get on the floor and ambulate without assistive devices.
Arthritis+ Aquatic Exercise 3:00-4:00pm Instructional Pool		Arthritis+ Aquatic Exercise 6:15-7:00pm Instructional Pool			Members must arrive 5-minutes prior to the start of class or forfeit their spot to waitlisted members.