



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
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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
Shallow Water Exercise 8:00-8:50am Instructional Pool	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 9:00-10:00am 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
Zumba Tone 9:00-9:50am Denise / CR	SilverSneakers® Circuit 10:30-11:15am Takara / GER	Zumba 9:00-9:50am Denise / CR		**Core & Mobility 9:15-10:00am Rebecca / GER	
Group Cycling 9:15-10:00am Jim / GER	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
Water Power 10:00-10:45am Lap Pool	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	
Yoga 10:15-11:00am Jackie / CR	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	
**SilverSneaker® Boom™ Muscle 10:30-11:45am Shashu / GER	Barre 5:45-6:20pm Rita / GER		Arthritis Aquatic Exercise 1:00-2:00pm Instructional Pool	**SilverSneakers® Boom™ Muscle 10:30-11:45am Shashu / GER	
Gentle Yoga 12:00-12:50pm Kyle / CR	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	
*Parkinson's 1:30-2:30pm Sheri / GER	Yoga 6:45-7:45pm Kyle / CR	SilverSneakers® Classic 12:00-12:50pm Rotation / GER			*Chronic disease program. Prior enrollment and medical clearance required.
Arthritis+ Aquatic Exercise 3:00-4:00pm Instructional Pool		*Parkinson's 1:30-2:30pm Sheri / GER			**Participants must be able to get on the floor and ambulate without assistive devices.
Edited 2/17/25		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.