



HEALTHY AGING GROUP EX SCHEDULE

Fall 2024
THE YMCA OF GREATER KALMAZOO

PORTAGE
2900 W. Centre Ave

Questions? Contact Active for Life Director Shashu Baraka
sbaraka@kzooyymca.org | (p) 269.459.4856

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
Aqua Jam 9:00-9:45am Pool Starts 4/15/24	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	
Yoga 9:00-9:50am Rotation / Studio	Hi Lo 8:00-8:50am Lynda / GER	Step 9:15-9:55am JoAnne / GER	Shallow Water Exercise 9:00-9:45am Pool		Group Cycling 8:45-9:30am Jon / Cycling Studio
Step 9:15-9:55am JoAnne / GER	Shallow Water Exercise 9:00-9:45am Pool	Sculpt 10:00-10:45am JoAnne / GER	Group Cycling 9:15-10:05am Michelle Cycle Studio	Shallow Water Exercise 9:00-9:45am Pool	Yoga 10:15-11:15am Rotation / Studio
Sculpt 10:00-10:45am JoAnne / GER	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	Cardio Drumming 9:45-10:30am Bethany / GER	
Deep Water Exercise 10:00-10:45am Pool	SilverSneakers® Circuit 10:15-11:05am Nancy / GER	Yoga 10:00-10:50am Sangita / Studio	Barre 10:30-11:30am Karen / Studio	Shallow Water Exercise 10:00-10:45am Pool	
Barre 10:30-11:30am Rita / Studio	Vinyasa Yoga 10:30-11:30am Olivia / Studio	Aqua Jam 11:00-11:45am Pool	Arthritis Aquatic Exercise 11:00-11:45am Pool		
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 11:15am-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	TRX 12:00-12:50pm Sangita / Studio			
Women on Weights 4:30-5:15pm Melody / GER	Total Body Conditioning 12:05-12:50pm Rebecca / GER	Cardio Drumming 12:05-12:50pm Bethany / GER			
Yoga 6:00-7:00pm Sarah / Studio	*LiveStrong 1:00-2:15pm Studio	Women on Weights 4:30-5:15pm Michelle / GER	*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 6:45-7:45pm Betty / GER		Barre 6:10-7:10pm Karen / Studio	Yoga 5:00-6:00pm Kimbrey / Studio		
			Shallow Water Exercise 6:00-6:45pm Pool		*Chronic disease programming. Enrollment and medical clearance required.