



Niles-Buchanan YMCA
March 23rd - March 29th

905 N Front Street
Niles, MI 49120
(269) 683-1552

	THU 23	FRI 24	SAT 25	SUN 26	MON 27	TUE 28	WED 29
5am	Open Gym Main Gymnasium - WEST 5am - 8:45pm	Open Gym Main Gymnasium - WEST 5am - 7:15pm			Open Gym Main Gymnasium - WEST 5am - 8:45pm	Open Gym Main Gymnasium - WEST 5am - 8:45pm	Open Gym Main Gymnasium - WEST 5am - 8:45pm
	Pickleball Main Gymnasium - EAST 5am - 11am	Pickleball Main Gymnasium - EAST 5am - 11am			Pickleball Main Gymnasium - EAST 5am - 11am	Pickleball Main Gymnasium - EAST 5am - 11am	Pickleball Main Gymnasium - EAST 5am - 11am
	Lap Swim - 6 Lanes Tyler Family Pool 5:30am - 8:30am	Lap Swim - 6 Lanes Tyler Family Pool 5:30am - 8:25am			Lap Swim - 6 Lanes Tyler Family Pool 5:30am - 8:25am	Lap Swim - 6 Lanes Tyler Family Pool 5:30am - 8:30am	Power Pump Center Track Carrie B 5:30am - 6:15am
				Power Pump Center Track Tiffany R. 5:30am - 6:15am	Step Aerobics Center Track Carrie B 5:30am - 6:15am	Lap Swim - 6 Lanes Tyler Family Pool 5:30am - 8:25am	
6am	Adult Open Swim Warm Therapy Pool 6:30am - 8am	Adult Open Swim Warm Therapy Pool 6:30am - 8am			Adult Open Swim Warm Therapy Pool 6:30am - 8am	Adult Open Swim Warm Therapy Pool 6:30am - 8am	Adult Open Swim Warm Therapy Pool 6:30am - 8am
8am	Family Open Swim Warm Therapy Pool 8am - 8:50am	Yoga Studio B Shelby F 8am - 9am	Lap Swim - 6 Lanes Tyler Family Pool 8am - 9:30am		Family Open Swim Warm Therapy Pool 8am - 8:50am	Family Open Swim Warm Therapy Pool 8am - 8:50am	Yoga Studio B Shelby F 8am - 9am
	Open Swim / 3 Lap Lanes Tyler Family Pool 8:30am - 9:55am	Interval Strength Center Track Taylor A 8am - 8:45am	Open Gym Main Gymnasium - WEST 8am - 3:45pm		Yoga Studio B Shelby F 8am - 9am	Open Swim / 3 Lap Lanes Tyler Family Pool 8:30am - 9:55am	Family Open Swim Warm Therapy Pool 8am - 8:50am
		Family Open Swim Warm Therapy Pool 8am - 8:50am	Quick Spin Center Track Carol H 8:15am - 8:45am		Aqua Aerobics / 2 Lap Lanes Tyler Family Pool Lucy S 8:30am - 9:30am		Power Express Center Track Tiffany R. 8:30am - 9am
		Aqua Aerobics / 2 Lap Lanes Tyler Family Pool Lucy S 8:30am - 9:30am	Adult Open Swim Warm Therapy Pool 8:15am - 9am				Aqua Aerobics / 2 Lap Lanes Tyler Family Pool Lucy S 8:30am - 9:30am
			Pickleball Main Gymnasium - EAST 8:30am - 12pm				
9am	Holy Yoga® Studio B Ra V. 9am - 10am	Lakeland Therapy Warm Therapy Pool 9am - 5pm	Family Open Swim Warm Therapy Pool 9am - 2pm		Pilates Plus Center Track Chrissie K 9am - 10am	Yoga Flow Studio B Ra V. 9am - 10am	Strong Center Track Tiffany R. 9am - 9:45am
	Pilates Plus Center Track Chrissie K 9am - 9:45am	WERQ Studio A Lindsey M 9:30am - 10:30am	Step Aerobics Center Track Carrie B 9am - 10am		Zumba® Studio A Cecil C 9am - 10am	Taboxing Center Track Chrissie K 9am - 10am	Lakeland Therapy Warm Therapy Pool 9am - 5pm
	Lakeland Therapy Warm Therapy Pool 9am - 5pm	Open Swim / 2 Lap Lanes Tyler Family Pool 9:30am - 9:55am	Yoga Studio B YMCA Staff 9am - 10am		Lakeland Therapy Warm Therapy Pool 9am - 5pm	Lakeland Therapy Warm Therapy Pool 9am - 5pm	WERQ Studio A Lindsey M 9:30am - 10:30am

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	Open Swim / 2 Lap Lanes Tyler Family Pool 9:55am - 10:55am	School Group Tyler Family Pool 9:55am - 10:55am	Swim Lessons / 2 Lap Lanes Tyler Family Pool 9:30am - 11:15am		Open Swim / 2 Lap Lanes Tyler Family Pool 9:30am - 9:55am	WERQ Studio A Lindsey M 9:30am - 10:30am	Open Swim / 2 Lap Lanes Tyler Family Pool 9:30am - 9:55am
	School Group Tyler Family Pool 9:55am - 10:55am				School Group Tyler Family Pool 9:55am - 10:55am	School Group Tyler Family Pool 9:55am - 10:55am	School Group Tyler Family Pool 9:55am - 10:55am
10am	Tai Chi for Balance Studio B Chrissie K 10am - 11am	Lap Swim - 5 Lanes / Swim Lessons - 1 Lane Tyler Family Pool 10:55am - 1pm	Tai Chi Studio B Michael G 10am - 11am	Open Gym Main Gymnasium - WEST 10am - 2:45pm	STAYSTRONG - must register Studio A YMCA Staff 10am - 11am	Qi Gong for Health Studio B Chrissie K 10am - 11am	Yoga Sculpt Center Track Caprice M. 10:15am - 11:15am
			WERQ Studio A Katie P 10am - 11am	Pickleball Main Gymnasium - EAST 10am - 12pm	Spin 45 Center Track Chrissie K 10:15am - 11am		Open Swim / Berrien RESA / 2 Lap Lanes Tyler Family Pool 10:55am - 12pm
				WERQ Studio A Lindsey M 10:15am - 11:15am	Lap Swim - 5 Lanes / Swim Lessons - 1 Lane Tyler Family Pool 10:55am - 12:55pm		
				Lap Swim - 5 Lanes / Swim Lessons - 1 Lane Tyler Family Pool 10:15am - 12pm			
				Adult Open Swim Warm Therapy Pool 10:30am - 12:30pm			
11am	Aqua Aerobics / 1 Lap Lane Tyler Family Pool Julie T 11am - 12pm	Enhance Fitness (must register) Studio A YMCA Staff 11am - 12pm	Open Swim / 2 Lap Lanes Tyler Family Pool 11:15am - 12pm	Zumba® Studio A Daysha A 11:15am - 12:15pm	Enhance Fitness (must register) Studio A YMCA Staff 11am - 12pm	Open Gym Main Gymnasium - EAST 11am - 8:45pm	Enhance Fitness (must register) Studio A YMCA Staff 11am - 12pm
	Open Gym Main Gymnasium - EAST 11am - 12:45pm	Open Gym Main Gymnasium - EAST 11am - 7:15pm			Open Gym Main Gymnasium - EAST 11am - 8:45pm	Aqua Aerobics / 1 Lap Lane Tyler Family Pool Julie T 11am - 12pm	Open Gym Main Gymnasium - EAST 11am - 8:45pm
						Fusion Fitness for Seniors Studio A Chris H. 11am - 12pm	
12pm	Lap Swim - 5 Lanes / Swim Lessons - 1 Lane Tyler Family Pool 12pm - 12:55pm		Lap Swim - 6 Lanes Tyler Family Pool 12pm - 1pm	Open Gym Main Gymnasium - EAST 12pm - 2:45pm	LiveStrong® - must register Studio A YMCA Staff 12pm - 1:30pm	Lap Swim - 5 Lanes / Swim Lessons - 1 Lane Tyler Family Pool 12pm - 12:55pm	Lap Swim - 5 Lanes / Swim Lessons - 1 Lane Tyler Family Pool 12pm - 12:55pm
	LiveStrong® - must register Studio A YMCA Staff 12pm - 1:30pm		Open Gym Main Gymnasium - EAST 12pm - 3:45pm	Open Swim / Swim Lessons / 2 Lap Lanes Tyler Family Pool 12pm - 2:30pm			

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	Homeschool P.E. Main Gymnasium - EAST YMCA Staff 12:45pm - 2pm			Family Open Swim Warm Therapy Pool 12:30pm - 2:30pm			
1pm	School Group Tyler Family Pool 1pm - 1:45pm	Open Swim / 2 Lap Lanes Tyler Family Pool 1pm - 2pm	Open Swim / 2 Lap Lanes Tyler Family Pool 1pm - 3pm		School Group Tyler Family Pool 1pm - 1:45pm	School Group Tyler Family Pool 1pm - 1:45pm	School Group Tyler Family Pool 1pm - 1:45pm
	Open Swim / 2 Lap Lanes Tyler Family Pool 1pm - 3pm				Open Swim / 2 Lap Lanes Tyler Family Pool 1:45pm - 4pm		Open Swim / 2 Lap Lanes Tyler Family Pool 1:45pm - 4pm
	Homeschool Swim Tyler Family Pool YMCA Staff 1:45pm - 3pm						
2pm	Open Gym Main Gymnasium - EAST 2:15pm - 8:45pm	Aqua Aerobics / 2 Lap Lanes Tyler Family Pool No Instructor 2pm - 3pm	Adult Open Swim Warm Therapy Pool 2pm - 3pm			Aqua Aerobics / 2 Lap Lanes Tyler Family Pool No Instructor 2pm - 3pm	
3pm	Open Swim / 2 Lap Lanes Tyler Family Pool 3pm - 4pm	Open Swim / 2 Lap Lanes Tyler Family Pool 3pm - 4pm				Open Swim / 2 Lap Lanes Tyler Family Pool 3pm - 4pm	
	Fit for Life Studio A Chris H. 3:30pm - 4:30pm					Mariners Swim Team / Swim Lessons / 2 Lap Lanes Tyler Family Pool 3:45pm - 4:30pm	
4pm	Mariners Swim Team / 4 Lap Lanes Tyler Family Pool 4pm - 4:30pm	Mariners Swim Team / 4 Lap Lanes Tyler Family Pool 4pm - 4:30pm			Mariners Swim Team / 4 Lap Lanes Tyler Family Pool 4pm - 4:30pm	Mariners Swim Team Tyler Family Pool 4:30pm - 6pm	Mariners Swim Team / 4 Lap Lanes Tyler Family Pool 4pm - 4:30pm
	Mariners Swim Team Tyler Family Pool 4:30pm - 6pm	Mariners Swim Team Tyler Family Pool 4:30pm - 6pm			Mariners Swim Team Tyler Family Pool 4:30pm - 6pm		Mariners Swim Team Tyler Family Pool 4:30pm - 6pm
5pm	Adult Open Swim Warm Therapy Pool 5pm - 6pm	Family Open Swim Warm Therapy Pool 5pm - 7pm			Swim Lessons Warm Therapy Pool 5pm - 6pm	Adult Open Swim Warm Therapy Pool 5pm - 6pm	Swim Lessons Warm Therapy Pool 5pm - 6pm
	WERQ Studio A Brittany B 5pm - 6pm				Step/Tabata Center Track Nancy N 5:30pm - 6:15pm	Zumba® Studio A Brittany B 5pm - 6pm	Power Pump Studio A Michelle C 5pm - 6pm
	Tabata Center Track Tonya K 5:15pm - 6pm					H.I.I.T. Center Track Tonya K 5:15pm - 6pm	WERQ Studio B Katie P 5:30pm - 6:30pm
6pm	Family Open Swim Warm Therapy Pool 6pm - 8pm	Open Swim / 3 Lap Lanes Tyler Family Pool 6pm - 7:15pm			Zumba® Studio A Heidi W 6pm - 7pm	Family Open Swim Warm Therapy Pool 6pm - 8pm	Swim Lessons Tyler Family Pool 6pm - 7:15pm

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	Zumba Toning Studio A Heidi W 6pm - 7pm	Zumba® Studio A Heidi W 6pm - 7pm			Family Open Swim Warm Therapy Pool 6pm - 8pm	Open Swim / 3 Lap Lanes Tyler Family Pool 6pm - 8pm	Family Open Swim Warm Therapy Pool 6pm - 8pm
	Open Swim / 3 Lap Lanes Tyler Family Pool 6pm - 8pm				Swim Lessons Tyler Family Pool 6pm - 7:15pm	Zumba Toning Studio A Heidi W 6pm - 7pm	Zumba® Studio A Heidi W 6pm - 7pm
						Mad Dogg Spinning Center Track Courtney T 6:30pm - 7:30pm	
7pm					Special Olympics / 2 Lap Lanes Tyler Family Pool 7:25pm - 8:25pm		Special Olympics / 2 Lap Lanes Tyler Family Pool 7:25pm - 8:25pm

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