



Niles-Buchanan YMCA

May 9th - May 15th

905 N Front Street

Niles, MI 49120

(269) 683-1552

	THU 9	FRI 10	SAT 11	SUN 12	MON 13	TUE 14	WED 15
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 - 12pm	Pickleball Main Gymnasium - EAST 5am - 12pm			Pickleball Main Gymnasium - EAST 5am - 12pm	Pickleball Main Gymnasium - EAST 5am - 12pm	Pickleball Main Gymnasium - EAST 5am - 12pm
	H.I.I.T. Center Track Tiffany R. 5:30am - 6:15am	Lap Swim - 6 Lanes Tyler Family Pool 5:30am - 8:25am			Power Pump Center Track Tiffany R. 5:30am - 6:15am	Lap Swim - 6 Lanes Tyler Family Pool 5:30am - 8:30am	Power Pump Center Track Carrie B. 5:30am - 6:15am
	Lap Swim - 6 Lanes Tyler Family Pool 5:30am - 8:30am	Power Pump Center Track Tiffany R. 5:30am - 6:15am			Lap Swim - 6 Lanes Tyler Family Pool 5:30am - 8:25am	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
7am	Interval Strength Center Track Leah B. 7am - 8am					Interval Strength Center Track Leah B. 7am - 8am	
8am	Family Open Swim Warm Therapy Pool 8am - 8:50am	Interval Strength Center Track Kendall J. 8am - 9am	Lap Swim - 6 Lanes Tyler Family Pool 8am - 10am		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 / 2 Lap Lanes Tyler Family Pool 8:30am - 10:55am	Yoga Studio B Shelby F 8am - 9am	Open Gym Main Gymnasium - WEST 8am - 3:45pm		Interval Mix Center Track Tonya K 8am - 8:45am	Open Swim / 2 Lap Lanes Tyler Family Pool 8:30am - 10:55am	Family Open Swim Warm Therapy Pool 8am - 8:50am
		Family Open Swim Warm Therapy Pool 8am - 8:50am	Adult Open Swim Warm Therapy Pool 8:15am - 9am		Yoga Studio B Shelby F 8am - 9am		Aqua Aerobics / 2 Lap Lanes Tyler Family Pool Julie T 8:30am - 9:30am
		Aqua Aerobics / 2 Lap Lanes Tyler Family Pool Lucy S 8:30am - 9:30am	Quick Spin Center Track Carol H 8:15am - 8:45am		Aqua Aerobics / 2 Lap Lanes Tyler Family Pool Lucy S 8:30am - 9:30am		Strong Center Track Tiffany R. 8:45am - 9:30am
			Pickleball Main Gymnasium - EAST 8:30am - 12pm				
9am	Lakeland Therapy Warm Therapy Pool 9am - 5pm	Lakeland Therapy Warm Therapy Pool 9am - 5pm	Family Open Swim Warm Therapy Pool 9am - 2pm		Lakeland Therapy Warm Therapy Pool 9am - 5pm	Taboxing Center Track Chrissie K 9am - 10am	Lakeland Therapy Warm Therapy Pool 9am - 5pm
	Pilates Plus Center Track Chrissie K 9am - 9:45am	Cycling Center Track Natalie C 9:15am - 10am	Step Aerobics Center Track Carrie B. 9am - 10am		Zumba® Studio A Cecil C 9am - 10am	Lakeland Therapy Warm Therapy Pool 9am - 5pm	Open Swim / 2 Lap Lanes Tyler Family Pool 9:30am - 11:45am

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	Dance Fusion Studio A Brandi K. 9:30am - 10:30am	WERQ Studio A Lindsey M 9:30am - 10:30am			Pilates Plus Center Track Chrissie K 9am - 10am	WERQ Studio A Lindsey M 9:30am - 10:30am	WERQ Studio A Lindsey M 9:30am - 10:30am
		Open Swim / 2 Lap Lanes Tyler Family Pool 9:30am - 12pm			Open Swim / 2 Lap Lanes Tyler Family Pool 9:30am - 11:45am		
10am	Tai Chi for Balance Studio B Chrissie K 10am - 11am		Swim Lessons / 2 Lap Lanes Tyler Family Pool 10am - 11:15am	Open Gym Main Gymnasium - WEST 10am - 2:45pm	StayStrong (registration required) Studio A YMCA Staff 10am - 11am	Qi Gong for Health Studio B Chrissie K 10am - 11am	
			WERQ Studio A Katie P 10am - 11am	Pickleball Main Gymnasium - EAST 10am - 12pm	Cycling Center Track Chrissie K 10:15am - 11am		
				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 Lindsey M 11am - 12pm	Open Swim / 2 Lap Lanes Tyler Family Pool 11:15am - 12pm		Enhance Fitness (must register) Studio A Chris H. 11am - 12pm	Aqua Aerobics / 1 Lap Lane Tyler Family Pool Julie T 11am - 12pm	Enhance Fitness (must register) Studio A Taylor A 11am - 12pm
	Senior Yoga Studio A Brandi K. 11am - 12pm				Lap Swim - 6 Lanes Tyler Family Pool 11:45am - 1pm	Fusion Fitness for Seniors Studio A Chris H. 11am - 12pm	Lap Swim - 6 Lanes Tyler Family Pool 11:45am - 1pm
12pm	Lap Swim - 6 Lanes Tyler Family Pool 12pm - 1pm	Interval Strength Center Track Kendall J. 12pm - 1pm	Lap Swim - 6 Lanes Tyler Family Pool 12pm - 1pm	Open Swim / Swim Lessons / 2 Lap Lanes Tyler Family Pool 12pm - 2:30pm	LiveStrong® - must register Studio B YMCA Staff 12pm - 1:30pm	Lap Swim - 6 Lanes Tyler Family Pool 12pm - 1pm	LiveStrong® - must register Studio B YMCA Staff 12pm - 1:30pm
	Open Gym Main Gymnasium - EAST 12pm - 8:45pm	Lap Swim - 6 Lanes Tyler Family Pool 12pm - 1pm	Open Gym Main Gymnasium - EAST 12pm - 3:45pm	Open Gym Main Gymnasium - EAST 12pm - 2:45pm	Open Gym Main Gymnasium - EAST 12pm - 8:45pm	Open Gym Main Gymnasium - EAST 12pm - 8:45pm	Open Gym Main Gymnasium - EAST 12pm - 8:45pm
		Open Gym Main Gymnasium - EAST 12pm - 7:15pm		Zumba® Studio A Crystal A. 12pm - 1pm			
				Family Open Swim Warm Therapy Pool 12:30pm - 2:30pm			

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1pm	Open Swim / 3 Lap Lanes Tyler Family Pool 1pm - 2pm	Open Swim / 3 Lap Lanes Tyler Family Pool 1pm - 2pm	Open Swim / 2 Lap Lanes Tyler Family Pool 1pm - 3pm		Open Swim / 3 Lap Lanes Tyler Family Pool 1pm - 2pm	Open Swim / 3 Lap Lanes Tyler Family Pool 1pm - 8pm	Interval Strength Center Track Leah B. 1pm - 2pm
							Open Swim / 3 Lap Lanes Tyler Family Pool 1pm - 4pm
2pm	Homeschool Swim Tyler Family Pool YMCA Staff 2pm - 3pm	Aqua Aerobics / 3 Lap Lanes Tyler Family Pool Ashley H 2pm - 3pm	Adult Open Swim Warm Therapy Pool 2pm - 3pm		Aqua Aerobics / 3 Lap Lanes Tyler Family Pool Ashley H 2pm - 3pm		
3pm	Open Swim / 3 Lap Lanes Tyler Family Pool 3pm - 8pm	Open Swim / 3 Lap Lanes Tyler Family Pool 3pm - 4pm			Open Swim / 3 Lap Lanes Tyler Family Pool 3pm - 4pm		
	Fit for Life Studio A Michelle C 3:45pm - 4:45pm						
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 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 - 7:15pm			Swim Lessons Warm Therapy Pool 5pm - 6pm	Adult Open Swim Warm Therapy Pool 5pm - 6pm	Power Pump Center Track Michelle C 5pm - 6pm
	Strength & Tone Center Track Michelle C 5pm - 5:45pm				Step/Tabata Center Track Nancy N 5pm - 5:45pm	Tabata Center Track Tonya K 5pm - 5:45pm	Swim Lessons Warm Therapy Pool 5pm - 6pm
	Zumba® Studio A Brittany B 5pm - 6pm					WERQ Studio A Brittany B 5pm - 6pm	WERQ Studio A Katie P 5pm - 6pm
	Intermediate / Advanced Yoga Studio B Shelby F 5pm - 6pm						
6pm	Family Open Swim Warm Therapy Pool 6pm - 8pm	Open Swim / 3 Lap Lanes Tyler Family Pool 6pm - 7:15pm			Zumba® Center Track Heidi W 6pm - 7pm	Family Open Swim Warm Therapy Pool 6pm - 8pm	Family Open Swim Warm Therapy Pool 6pm - 8pm
	Zumba Toning Studio A Heidi W 6pm - 7pm	Zumba® Center Track Heidi W 6pm - 7pm			Family Open Swim Warm Therapy Pool 6pm - 8pm	Zumba Toning Studio A Heidi W 6pm - 7pm	Swim Lessons Tyler Family Pool 6pm - 7:15pm

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	Cycling Center Track Laura H. 6:30pm - 7:30pm	Cardio Drumming Studio A Aleisha M. 6pm - 7pm			Swim Lessons Tyler Family Pool 6pm - 7:15pm	Mad Dogg Spinning Center Track Courtney T 6:30pm - 7:30pm	Zumba® Center Track Heidi W 6pm - 7pm
					Yoga Studio A Shelby F 6:30pm - 7:30pm		Kickboxing Studio A Kendall J. 6:30pm - 7:15pm
					Kickboxing Studio A Kendall J. 6:30pm - 7:15pm		
7pm	Interval Strength Studio A Kendall J. 7:15pm - 8:15pm				Special Olympics / 2 Lap Lanes Tyler Family Pool 7:15pm - 8pm		Special Olympics / 2 Lap Lanes Tyler Family Pool 7:15pm - 8pm
8pm					Special Olympics Tyler Family Pool 8pm - 8:25pm		Special Olympics Tyler Family Pool 8pm - 8:25pm

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