



Niles-Buchanan YMCA  
November 30th - December 6th

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

	THU 30	FRI 1	SAT 2	SUN 3	MON 4	TUE 5	WED 6
<b>5am</b>	<b>Open Gym</b> Main Gymnasium - WEST 5am - 8:45pm	<b>Open Gym</b> Main Gymnasium - WEST 5am - 7:15pm			<b>Open Gym</b> Main Gymnasium - WEST 5am - 8:45pm	<b>Open Gym</b> Main Gymnasium - WEST 5am - 8:45pm	<b>Open Gym</b> Main Gymnasium - WEST 5am - 8:45pm
	<b>Pickleball</b> Main Gymnasium - EAST 5am - 11am	<b>Pickleball</b> Main Gymnasium - EAST 5am - 11am			<b>Pickleball</b> Main Gymnasium - EAST 5am - 11am	<b>Pickleball</b> Main Gymnasium - EAST 5am - 11am	<b>Pickleball</b> Main Gymnasium - EAST 5am - 11am
	<b>H.I.I.T.</b> Center Track Tiffany R. 5:30am - 6:15am	<b>Lap Swim - 6 Lanes</b> Tyler Family Pool 5:30am - 8:25am			<b>Power Pump</b> Center Track Tiffany R. 5:30am - 6:15am	<b>Lap Swim - 6 Lanes</b> Tyler Family Pool 5:30am - 8:30am	<b>Power Pump</b> Center Track Carrie B. 5:30am - 6:15am
	<b>Lap Swim - 6 Lanes</b> Tyler Family Pool 5:30am - 8:30am	<b>Power Pump</b> Center Track Tiffany R. 5:30am - 6:15am			<b>Lap Swim - 6 Lanes</b> Tyler Family Pool 5:30am - 8:25am	<b>Step Aerobics</b> Center Track Carrie B. 5:30am - 6:15am	<b>Lap Swim - 6 Lanes</b> Tyler Family Pool 5:30am - 8:25am
<b>6am</b>	<b>Adult Open Swim</b> Warm Therapy Pool 6:30am - 8am	<b>Yoga Stretch</b> Center Track Tiffany R. 6:15am - 6:45am			<b>Adult Open Swim</b> Warm Therapy Pool 6:30am - 8am	<b>Adult Open Swim</b> Warm Therapy Pool 6:30am - 8am	<b>Adult Open Swim</b> Warm Therapy Pool 6:30am - 8am
		<b>Adult Open Swim</b> Warm Therapy Pool 6:30am - 8am					
<b>8am</b>	<b>Family Open Swim</b> Warm Therapy Pool 8am - 8:50am	<b>Interval Strength</b> Center Track Dominique P. 8am - 9am	<b>Lap Swim - 6 Lanes</b> Tyler Family Pool 8am - 10am		<b>Family Open Swim</b> Warm Therapy Pool 8am - 8:50am	<b>Family Open Swim</b> Warm Therapy Pool 8am - 8:50am	<b>Yoga</b> Studio B Shelby F 8am - 9am
	<b>Interval Mix</b> Center Track Tonya K 8am - 8:45am	<b>Yoga</b> Studio B Shelby F 8am - 9am	<b>Open Gym</b> Main Gymnasium - WEST 8am - 3:45pm		<b>Interval Mix</b> Center Track Tonya K 8am - 8:45am	<b>Open Swim / 2 Lap Lanes</b> Tyler Family Pool 8:30am - 9:55am	<b>Family Open Swim</b> Warm Therapy Pool 8am - 8:50am
	<b>Open Swim / 2 Lap Lanes</b> Tyler Family Pool 8:30am - 9:55am	<b>Family Open Swim</b> Warm Therapy Pool 8am - 8:50am	<b>Adult Open Swim</b> Warm Therapy Pool 8:15am - 9am		<b>Yoga</b> Studio B Shelby F 8am - 9am		<b>Power Pump</b> Center Track Tiffany R. 8:30am - 9am
		<b>Aqua Aerobics / 2 Lap Lanes</b> Tyler Family Pool Lucy S 8:30am - 9:30am	<b>Quick Spin</b> Center Track Carol H 8:15am - 8:45am		<b>Aqua Aerobics / 2 Lap Lanes</b> Tyler Family Pool Lucy S 8:30am - 9:30am		<b>Aqua Aerobics / 2 Lap Lanes</b> Tyler Family Pool Julie T 8:30am - 9:30am
			<b>Pickleball</b> Main Gymnasium - EAST 8:30am - 12pm				
<b>9am</b>	<b>Lakeland Therapy</b> Warm Therapy Pool 9am - 5pm	<b>Lakeland Therapy</b> Warm Therapy Pool 9am - 5pm	<b>Family Open Swim</b> Warm Therapy Pool 9am - 2pm		<b>Zumba®</b> Studio A Cecil C 9am - 10am	<b>Taboxing</b> Center Track Chrissie K 9am - 10am	<b>Strong</b> Center Track Tiffany R. 9am - 9:45am
	<b>School Group</b> Tyler Family Pool 9:55am - 10:55am	<b>Cycling</b> Center Track Natalie C 9:15am - 10am	<b>Step Aerobics</b> Center Track Carrie B. 9am - 10am		<b>Lakeland Therapy</b> Warm Therapy Pool 9am - 5pm	<b>Lakeland Therapy</b> Warm Therapy Pool 9am - 5pm	<b>Lakeland Therapy</b> Warm Therapy Pool 9am - 5pm

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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		<b>WERQ</b> Studio A Lindsey M 9:30am - 10:30am	<b>Yoga</b> Studio B YMCA Staff 9am - 10am		<b>Open Swim / 2 Lap Lanes</b> Tyler Family Pool 9:30am - 9:55am	<b>WERQ</b> Studio A Lindsey M 9:30am - 10:30am	<b>Open Swim / 2 Lap Lanes</b> Tyler Family Pool 9:30am - 9:55am
		<b>Open Swim / 2 Lap Lanes</b> Tyler Family Pool 9:30am - 9:55am			<b>School Group</b> Tyler Family Pool 9:55am - 10:55am	<b>School Group</b> Tyler Family Pool 9:55am - 10:55am	<b>WERQ</b> Studio A Lindsey M 9:30am - 10:30am
		<b>School Group</b> Tyler Family Pool 9:55am - 10:55am					<b>School Group</b> Tyler Family Pool 9:55am - 10:55am
<b>10am</b>	<b>Tai Chi for Balance</b> Studio B Chrissie K 10am - 11am	<b>Open Swim / 2 Lap Lanes</b> Tyler Family Pool 10:55am - 12pm	<b>Swim Lessons / 2 Lap Lanes</b> Tyler Family Pool 10am - 11:15am	<b>Pickleball</b> Main Gymnasium - EAST 10am - 12pm	<b>StayStrong (registration required)</b> Studio A YMCA Staff 10am - 11am	<b>Qi Gong for Health</b> Studio B Chrissie K 10am - 11am	<b>Open Swim / 2 Lap Lanes</b> Tyler Family Pool 10:55am - 12pm
	<b>Zumba®</b> Studio A Brittany B 10am - 11am		<b>WERQ</b> Studio A Katie P 10am - 11am	<b>Open Gym</b> Main Gymnasium - WEST 10am - 2:45pm	<b>Spin 45</b> Center Track Chrissie K 10:15am - 11am		
	<b>H.I.I.T.</b> Center Track Anna W. 10:30am - 11:30am			<b>Lap Swim - 5 Lanes / Swim Lessons - 1 Lane</b> Tyler Family Pool 10:15am - 12pm	<b>Open Swim / 2 Lap Lanes</b> Tyler Family Pool 10:55am - 12pm		
				<b>Adult Open Swim</b> Warm Therapy Pool 10:30am - 12:30pm			
<b>11am</b>	<b>Aqua Aerobics / 1 Lap Lane</b> Tyler Family Pool Julie T 11am - 12pm	<b>Enhance Fitness (must register)</b> Studio A YMCA Staff 11am - 12pm	<b>Open Swim / 2 Lap Lanes</b> Tyler Family Pool 11:15am - 12pm	<b>Zumba®</b> Studio A Crystal A. 11am - 12pm	<b>Enhance Fitness (must register)</b> Studio A YMCA Staff 11am - 12pm	<b>Aqua Aerobics / 1 Lap Lane</b> Tyler Family Pool Julie T 11am - 12pm	<b>Enhance Fitness (must register)</b> Studio A YMCA Staff 11am - 12pm
	<b>Senior Yoga</b> Studio A Brandi K. 11am - 12pm	<b>Open Gym</b> Main Gymnasium - EAST 11am - 7:15pm			<b>Open Gym</b> Main Gymnasium - EAST 11am - 8:45pm	<b>Fusion Fitness for Seniors</b> Studio A Chris H. 11am - 12pm	<b>Open Gym</b> Main Gymnasium - EAST 11am - 8:45pm
	<b>Open Gym</b> Main Gymnasium - EAST 11am - 8:45pm					<b>Open Gym</b> Main Gymnasium - EAST 11am - 8:45pm	
<b>12pm</b>	<b>Lap Swim - 6 Lanes</b> Tyler Family Pool 12pm - 1pm	<b>Lap Swim - 6 Lanes</b> Tyler Family Pool 12pm - 1pm	<b>Lap Swim - 6 Lanes</b> Tyler Family Pool 12pm - 1pm	<b>Open Gym</b> Main Gymnasium - EAST 12pm - 2:45pm	<b>Lap Swim - 6 Lanes</b> Tyler Family Pool 12pm - 1pm	<b>Lap Swim - 6 Lanes</b> Tyler Family Pool 12pm - 1pm	<b>Lap Swim - 6 Lanes</b> Tyler Family Pool 12pm - 1pm
		<b>H.I.I.T.</b> Center Track Kendall J. 12pm - 1pm	<b>Open Gym</b> Main Gymnasium - EAST 12pm - 3:45pm	<b>Open Swim / Swim Lessons / 2 Lap Lanes</b> Tyler Family Pool 12pm - 2:30pm			
				<b>Family Open Swim</b> Warm Therapy Pool 12:30pm - 2:30pm			

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1pm		<b>Open Swim / 3 Lap Lanes</b> Tyler Family Pool 1pm - 2pm	<b>Open Swim / 2 Lap Lanes</b> Tyler Family Pool 1pm - 3pm		<b>Open Swim / 3 Lap Lanes</b> Tyler Family Pool 1:45pm - 4pm		<b>Interval Strength</b> Studio A Dominique P. 1pm - 2pm
							<b>Open Swim / 3 Lap Lanes</b> Tyler Family Pool 1:45pm - 4pm
2pm	<b>Homeschool Swim</b> Tyler Family Pool YMCA Staff 2pm - 3pm	<b>Aqua Aerobics / 3 Lap Lanes</b> Tyler Family Pool No Instructor 2pm - 3pm	<b>Adult Open Swim</b> Warm Therapy Pool 2pm - 3pm			<b>Aqua Aerobics / 3 Lap Lanes</b> Tyler Family Pool No Instructor 2pm - 3pm	
3pm	<b>Open Swim / 3 Lap Lanes</b> Tyler Family Pool 3pm - 4pm	<b>Open Swim / 3 Lap Lanes</b> Tyler Family Pool 3pm - 4pm				<b>Open Swim / 3 Lap Lanes</b> Tyler Family Pool 3pm - 4pm	
	<b>Fit for Life</b> Studio A Chris H. 3:30pm - 4:30pm						
4pm	<b>Mariners Swim Team / 4 Lap Lanes</b> Tyler Family Pool 4pm - 4:30pm	<b>Mariners Swim Team / 4 Lap Lanes</b> Tyler Family Pool 4pm - 4:30pm			<b>Mariners Swim Team / 4 Lap Lanes</b> Tyler Family Pool 4pm - 4:30pm	<b>Mariners Swim Team / 4 Lap Lanes</b> Tyler Family Pool 4pm - 4:30pm	<b>Mariners Swim Team / 4 Lap Lanes</b> Tyler Family Pool 4pm - 4:30pm
	<b>Mariners Swim Team</b> Tyler Family Pool 4:30pm - 6pm	<b>Mariners Swim Team</b> Tyler Family Pool 4:30pm - 6pm			<b>Mariners Swim Team</b> Tyler Family Pool 4:30pm - 6pm	<b>Mariners Swim Team</b> Tyler Family Pool 4:30pm - 6pm	<b>Mariners Swim Team</b> Tyler Family Pool 4:30pm - 6pm
5pm	<b>Adult Open Swim</b> Warm Therapy Pool 5pm - 6pm	<b>Family Open Swim</b> Warm Therapy Pool 5pm - 7pm			<b>Swim Lessons</b> Warm Therapy Pool 5pm - 6pm	<b>Adult Open Swim</b> Warm Therapy Pool 5pm - 6pm	<b>Swim Lessons</b> Warm Therapy Pool 5pm - 6pm
	<b>Strength &amp; Tone</b> Center Track Michelle C 5pm - 5:45pm				<b>Step/Tabata</b> Center Track Nancy N 5pm - 5:45pm	<b>WERQ</b> Studio A Brittany B 5pm - 6pm	<b>Power Pump</b> Center Track Michelle C 5pm - 6pm
	<b>Zumba®</b> Studio A Brittany B 5pm - 6pm					<b>Tabata</b> Center Track Tonya K 5:30pm - 6:15pm	<b>WERQ</b> Studio A Katie P 5pm - 6pm
	<b>Intermediate / Advanced Yoga</b> Studio B Shelby F 5pm - 6pm						
6pm	<b>Family Open Swim</b> Warm Therapy Pool 6pm - 8pm	<b>Open Swim / 3 Lap Lanes</b> Tyler Family Pool 6pm - 7:15pm			<b>Family Open Swim</b> Warm Therapy Pool 6pm - 8pm	<b>Family Open Swim</b> Warm Therapy Pool 6pm - 8pm	<b>Zumba®</b> Studio A Heidi W 6pm - 7pm
	<b>Open Swim / 3 Lap Lanes</b> Tyler Family Pool 6pm - 8pm	<b>Zumba®</b> Studio A Heidi W 6pm - 7pm			<b>Swim Lessons</b> Tyler Family Pool 6pm - 7:15pm	<b>LiveStrong® - must register</b> Studio B YMCA Staff 6pm - 7:30pm	<b>Swim Lessons</b> Tyler Family Pool 6pm - 7:30pm

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	<b>Zumba Toning</b> Studio A Heidi W 6pm - 7pm				<b>Zumba®</b> Studio A Heidi W 6pm - 7pm	<b>Open Swim / 3 Lap Lanes</b> Tyler Family Pool 6pm - 8pm	<b>Family Open Swim</b> Warm Therapy Pool 6pm - 8pm
	<b>LiveStrong® - must register</b> Studio B YMCA Staff 6pm - 7:30pm				<b>Yoga</b> Studio B Shelby F 6:30pm - 7:30pm	<b>Zumba Toning</b> Studio A Heidi W 6pm - 7pm	
	<b>Mad Dogg Spinning</b> Center Track Courtney T 6:30pm - 7:30pm				<b>Kickboxing</b> Center Track Kendall J. 6:30pm - 7:15pm	<b>Mad Dogg Spinning</b> Center Track Courtney T 6:30pm - 7:30pm	
<b>7pm</b>	<b>Interval Strength</b> Studio A Dominique P. 7:15pm - 8:15pm				<b>Open Swim / 3 Lap Lanes</b> Tyler Family Pool 7:15pm - 8pm		<b>Open Swim / 3 Lap Lanes</b> Tyler Family Pool 7:30pm - 8pm

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