



Benton Harbor-St. Joseph YMCA
January 22nd - January 28th

3665 Hollywood Road
Saint Joseph, MI 49085
(269) 428-9622

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
5am	Open Gym Gymnasium - Hanson 5am - 10:30am	Open Gym Gymnasium - Hanson 5am - 10:30am	Open Gym Gymnasium - Whirlpool 5am - 9am	Open Gym Gymnasium - Whirlpool 5am - 9am			Open Gym Gymnasium - Whirlpool 5am - 9am
	Open Gym Gymnasium - Whirlpool 5am - 9am	Open Gym Gymnasium - Whirlpool 5am - 9am	Open Gym Gymnasium - Hanson 5am - 10:30am	Open Gym Gymnasium - Hanson 5am - 10:30am			Lap Aquatics - Pool 5:15am - 8:30am
	Lap Aquatics - Pool 5:15am - 9am	Lap Aquatics - Pool 5:15am - 8:30am	Lap Aquatics - Pool 5:15am - 9am	Lap Aquatics - Pool 5:15am - 8:30am			Spin-X Group Cycle Area - Weight Room Dave K. 5:30am - 6:30am
	Cycling Group Cycle Area - Weight Room Dave C. 5:30am - 6:30am	Yoga Fusion Fitness - Studio A Dave K. 5:30am - 6:30am	Body Pump Fitness - Studio A Julie H. 5:30am - 6:30am	Spin-X Group Cycle Area - Weight Room Dave K. 5:30am - 6:30am			
	Body Pump Fitness - Studio A Julie H. 5:30am - 6:30am		Cycling Group Cycle Area - Weight Room Halley K. 5:30am - 6:30am				
6am					Open Gym Gymnasium - Hanson 6am - 5:45pm		
					Lap Aquatics - Pool 6:15am - 9:15am		
7am	Water Walk Aquatics - Pool 7:30am - 8:15am	Water Walk Aquatics - Pool 7:30am - 8:15am	Water Walk Aquatics - Pool 7:30am - 8:15am	Water Walk Aquatics - Pool 7:30am - 8:15am			Water Walk Aquatics - Pool 7:30am - 8:15am
8am	Cycling Group Cycle Area - Weight Room April Y. 8am - 9am			Body Sculpting Fitness - Studio A Kelly J. 8am - 9am	Water Walk Aquatics - Pool 8am - 8:45am		Body Sculpting Fitness - Studio A Tara V. 8am - 9am
	Interval Blast Fitness - Studio A Sara R. 8:25am - 9:10am			Cycling Group Cycle Area - Weight Room April Y. 8am - 9am	Cycling Group Cycle Area - Weight Room Alternate Staff 8am - 9am		Open/Lap Aquatics - Pool 8:30am - 11am
	Cardio 101 Fitness - Studio B Amanda P. 8:30am - 9:15am			Body H2O Aqua Fitness - Pool Miriam C. 8:30am - 9:30am	Body Pump Fitness - Studio A Kathy E. 8am - 9am		
				Body H2O Aquatics - Pool Miriam C. 8:30am - 9:30am			

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9am	Liquid Cardio Aqua Fitness - Pool Cheryl D. 9am - 10am	Pickleball Gymnasium - Whirlpool 9am - 12pm	Interval Cardio Drumming Fitness - Studio A Sara R. 9am - 10am	Pickleball Gymnasium - Whirlpool 9am - 12pm	WERQ Fitness - Studio B Tara V. 9:15am - 10:15am		Pickleball Gymnasium - Whirlpool 9am - 12pm
	Liquid Cardio Aquatics - Pool Cheryl D. 9am - 10am	Splash & Tone Deep Aquatics - Pool Lainey M. 9am - 10am	Pickleball Gymnasium - Whirlpool 9am - 12pm	Splash & Tone Deep Aqua Fitness - Pool Lainey M. 9am - 10am	Swim Lessons* Aquatics - Pool 9:15am - 12pm		Cycling Group Cycle Area - Weight Room Laura H. 9am - 10am
	Pickleball Gymnasium - Whirlpool 9am - 12pm	Splash & Tone Deep Aqua Fitness - Pool Lainey M. 9am - 10am	Liquid Cardio Aquatics - Pool Cheryl D. 9am - 10am	Splash & Tone Deep Aquatics - Pool Lainey M. 9am - 10am	Yoga Moves Fitness - Studio A Dave K. 9:15am - 10:15am		
	Mind-Body-Balance Fitness - Studio A Chelsey F. 9:15am - 10:15am	Step Cardio Fitness - Studio A Sara R. 9:10am - 10:10am	Liquid Cardio Aqua Fitness - Pool Cheryl D. 9am - 10am	Yoga Flow Fitness - Studio B Kristen K. 9am - 10am			
	Speedball Fitness - Studio B Tiffany R. 9:20am - 10:05am	Barre Trilogy Fitness - Studio B Nancy G. 9:10am - 10:10am	Mind-Body-Balance Fitness - Studio B Chelsey F. 9:15am - 10:15am	Dance It Out Fitness - Studio A Nancy G. 9:10am - 10:10am			
		Cycling Group Cycle Area - Weight Room Laura H. 9:15am - 10:15am					
10am	Blossomland/Lap Aquatics - Pool 10am - 11am	Open/Lap Aquatics - Pool 10am - 10:15am	Open/Lap Aquatics - Pool 10am - 10:45am	Pilates Fusion Fitness - Studio B Chelsey F. 10:15am - 11:15am	Adult Dance Repertoire (Fee) Fitness - Studio A Amy M. 10:30am - 11:45am		Childwatch Gymnasium - Hanson 10:30am - 11:30am
	Pure Pilates Fitness - Studio B Nancy G. 10:15am - 11:05am	Lessons/Lap Aquatics - Pool 10:15am - 10:45am	Zumba Fitness - Studio A Erin F. 10:15am - 11:15am	Body Pump Fitness - Studio A Erin F. 10:20am - 11:20am			
	Childwatch Gymnasium - Hanson 10:30am - 11:30am	Body Pump Fitness - Studio A Erin F. 10:20am - 11:20am	Childwatch Gymnasium - Hanson 10:30am - 11:30am	Childwatch Gymnasium - Hanson 10:30am - 11:30am			
	Tabata Boot Camp Fitness - Studio A Chelsey F. 10:30am - 11:15am	Interval Core Express Fitness - Studio B Sara R. 10:20am - 10:50am	Tabata Boot Camp Fitness - Studio B Chelsey F. 10:30am - 11:15am				
	Tabata Boot Camp Fitness - Studio A Chelsey F. 10:30am - 11:15am	Childwatch Gymnasium - Hanson 10:30am - 11:30am	Preschool/Lap Aquatics - Pool 10:45am - 11:30am				
		Preschool Lessons Aquatics - Pool YMCA Staff 10:45am - 11:30am					

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11am	Preschool Lessons Aquatics - Pool YMCA Staff 11am - 11:30am	Moving to Wellness* Fitness - Studio B Erica W. 11:15am - 12:45pm	VeraFlow - NEW Class! Fitness - Studio A Erin F. 11:30am - 12:30pm	Lap Aquatics - Pool 11am - 1pm	Open Gym Gymnasium - Whirlpool 11:30am - 5:45pm	Open Gym Gymnasium - Hanson 11:30am - 5:45pm	Lap Aquatics - Pool 11am - 12:30pm
	STAYSTRONG at the YMCA Fitness - Studio B Erica W. 11:15am - 12:15pm	Open Gym Gymnasium - Hanson 11:30am - 4:45pm	Lap Aquatics - Pool 11:30am - 1pm	Zumba Fitness - Studio A Chelsey F. 11:30am - 12:30pm		Open Gym Gymnasium - Whirlpool 11:30am - 5:45pm	Open Gym Gymnasium - Hanson 11:30am - 6pm
	Open Gym Gymnasium - Hanson 11:30am - 1pm	Zumba Fitness - Studio A Chelsey F. 11:30am - 12:30pm	Open Gym Aqua Fitness - Pool 11:30am - 1pm	Open Gym Gymnasium - Hanson 11:30am - 4:45pm		Lap Aquatics - Pool 11:45am - 2pm	
	Lap Aquatics - Pool 11:30am - 1pm	Lap Aquatics - Pool 11:30am - 12:30pm	Tai Chi for Health Fitness - Studio B Helen M. 11:30am - 12:15pm				
12pm	Zumba Fitness - Studio A Erin F. 12pm - 1pm	Open Gym Gymnasium - Whirlpool 12pm - 5pm	Open Gym Gymnasium - Whirlpool 12pm - 4pm	Open Gym Gymnasium - Whirlpool 12pm - 8:45pm	Lap Aquatics - Pool 12pm - 2pm		Open Gym Gymnasium - Whirlpool 12pm - 5pm
	HydroFX @ Lakeland (must register) Aqua Fitness - Pool Mary M. 12pm - 1pm	Open/Lap Aquatics - Pool 12:30pm - 2:30pm	HydroFX @ Lakeland (must register) Aqua Fitness - Pool Mary M. 12pm - 1pm	Enhance Fitness (must register) Fitness - Studio A Helen M. 12:45pm - 1:45pm			Open/Lap Aquatics - Pool 12:30pm - 4:35pm
	Open Gym Gymnasium - Whirlpool 12pm - 1pm	Enhance Fitness (must register) Fitness - Studio A Helen M. 12:45pm - 1:45pm	LiveSTRONG (must register) Ends 3/28 Fitness - Studio B Erica W. 12:30pm - 2pm				
	LiveSTRONG (must register) Ends 3/28 Fitness - Studio B Erica W. 12:30pm - 2pm						
1pm	Water Runners Gymnasium - Hanson YMCA Staff 1pm - 2:45pm		Blossomland/Lap Aquatics - Pool 1pm - 2pm	School Group Aquatics - Pool 1pm - 2:30pm			
	Homeschool P.E. Gymnasium - Whirlpool YMCA Staff 1pm - 2:45pm		Blossomland Gymnasium - Hanson 1pm - 2:45pm				
	Homeschool Fitness Aquatics - Pool YMCA Staff 1pm - 2:45pm		Gentle Yoga Fitness - Studio A Kathy Z. 1:05pm - 2:05pm				
	Gentle Yoga Fitness - Studio A Kathy Z. 1:05pm - 2:05pm						

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2pm	Open Gym Gymnasium - Hanson 2:45pm - 4:45pm	Boxing For Parkinson's (Fee) Location: Cycle Area Group Cycle Area - Weight Room Laura H. 2pm - 3pm	Open/Lap Aquatics - Pool 2pm - 4:25pm	Water Works/Lap Aquatics - Pool 2:30pm - 3:30pm	Open/Lap/Birthday Parties Aquatics - Pool 2pm - 5:45pm	Family Float/Lap/Birthday Parties Aquatics - Pool 2pm - 5:45pm	Boxing For Parkinson's (Fee) Location: Cycle Area Group Cycle Area - Weight Room Sharon H. 2pm - 3pm
	Open Gym Gymnasium - Whirlpool 2:45pm - 4pm	Water Works Aqua Fitness - Pool Mary M. 2:30pm - 3:30pm	Open Gym Gymnasium - Hanson 2:45pm - 4:45pm	Water Works Aqua Fitness - Pool Mary M. 2:30pm - 3:30pm			
	Open/Lap Aquatics - Pool 2:50pm - 7:45pm	Water Works/Lap Aquatics - Pool 2:30pm - 3:30pm					
3pm		Open/Lap Aquatics - Pool 3:30pm - 4:35pm		Open/Lap Aquatics - Pool 3:30pm - 4pm			FACILITY CLOSED - due to weather Fitness - Studio A 3pm - 10pm
							FACILITY CLOSED - due to weather Aquatics - Pool 3pm - 10pm
4pm	Strength & Fitness II (Fee) Gymnasium - Whirlpool YMCA Staff 4pm - 5pm	Pre-Ballet II Ages 4-5 (Fee) Fitness - Studio B Natalie D. 4pm - 4:45pm	Strength & Fitness II (Fee) Gymnasium - Whirlpool YMCA Staff 4pm - 5pm	Dolphins Swim Team Aquatics - Pool YMCA Staff 4pm - 5:35pm			
	Y-Club Gymnasium - Hanson 4:45pm - 6pm	Yoga Moves - Family Friendly Fitness - Studio A Dave K. 4:10pm - 5:10pm	Dolphins Swim Team Aquatics - Pool YMCA Staff 4:25pm - 6:30pm	Explore Dance - NEW Class! Ages 6-16 (Fee) Fitness - Studio B Natalie D. 4:30pm - 5:15pm			
		Lessons/Lap Aquatics - Pool 4:40pm - 6pm	Y-Club Gymnasium - Hanson 4:45pm - 6pm	Y-Club Gymnasium - Hanson 4:45pm - 6pm			
		Musical Theater Dance - Ages 7-12 (Fee) Fitness - Studio B Natalie D. 4:45pm - 5:30pm					
		Parent/Toddler Gymnastics (Fee) Gymnasium - Hanson YMCA Staff 4:45pm - 5:45pm					
5pm	Open Gym Gymnasium - Whirlpool 5pm - 9:45pm	Strength & Fitness I (Fee) Gymnasium - Whirlpool YMCA Staff 5pm - 5:45pm	Speed and Agility (Fee) Gymnasium - Whirlpool YMCA Staff 5pm - 5:45pm	Lap Aquatics - Pool 5:35pm - 6:30pm			

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	Open Gym Gymnasium - Whirlpool 5pm - 6:15pm	Cardio Drumming Fitness - Studio A Julie H. 5:25pm - 6:25pm	Fun with Sports (Fee) Gymnasium - Whirlpool YMCA Staff 5pm - 6pm				
		Beginning Jazz / Hip Hop (Fee) Fitness - Studio B Chelsey F. 5:30pm - 6:15pm	PiYo Live - NEW Time! Fitness - Studio A Laura H. 5:05pm - 5:50pm				
		Cycling Group Cycle Area - Weight Room Dave K. 5:30pm - 6:30pm	Cycling Group Cycle Area - Weight Room Halley K. 5:20pm - 5:55pm				
		Gymnastics* Gymnasium - Hanson YMCA Staff 5:45pm - 7:30pm					
		Open Gym Gymnasium - Whirlpool 5:45pm - 7:45pm					
6pm	Zumba Fitness - Studio A Erin F. 6pm - 7pm	Dolphins Swim Team Aquatics - Pool YMCA Staff 6pm - 8:05pm	Zumba Fitness - Studio A Erin F. 6pm - 7pm	Open Gym Gymnasium - Hanson 6pm - 8:45pm			
	Open Gym Gymnasium - Hanson 6pm - 9:45pm	Abs & More Fitness - Studio A Julie H. 6:30pm - 6:55pm	Foundations & Fundamentals Sports Clinics (Fee) Gymnasium - Whirlpool YMCA Staff 6pm - 7:30pm	Family Float/Lap Aquatics - Pool 6:30pm - 8pm			
		Zumba Fitness - Studio B Kathleen B. 6:30pm - 7:30pm	Karate-Beginner Little Dragons Ages 7-11 (Fee) Fitness - Studio B Stephen L. 6:15pm - 7:15pm				
			Open Volleyball Gymnasium - Hanson 6:15pm - 9:45pm				
			Masters Swim Team/Jr. Dolphins Aquatics - Pool 6:30pm - 7:45pm				
7pm	Karate-Adult Isshinryu-Beginner Ages 12+ (Fee) Fitness - Studio B Stephen L. 7:15pm - 8:15pm	Body Pump Fitness - Studio A Julie H. 7:05pm - 8:05pm	Yoga Moves Fitness - Studio A Dave K. 7:05pm - 8:05pm				

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	Karate-Adult Isshinryu-Advanced Ages 12+ (Fee) Fitness - Studio B Stephen L. 7:15pm - 9:15pm	Open Gym Gymnasium - Hanson 7:30pm - 9:45pm	Karate-Advanced Little Dragons Ages 7-11 (Fee) Fitness - Studio B Stephen L. 7:15pm - 8:15pm				
	Open/Lap Aquatics - Pool 7:45pm - 9:45pm	Open Gym Aqua Fitness - Pool 7:30pm - 9:45pm	Open Gym Gymnasium - Whirlpool 7:30pm - 9:45pm				
		Whirlpool Badminton League Gymnasium - Whirlpool 7:45pm - 9:15pm	Open/Lap Aquatics - Pool 7:45pm - 9:45pm				
8pm		Deep End Liquid Cardio/Lap Aqua Fitness - Pool Denise W. 8:05pm - 9:05pm		Open/Lap Aquatics - Pool 8pm - 8:45pm			
		Deep End Liquid Cardio/Lap Aquatics - Pool Denise W. 8:05pm - 9:05pm					
9pm		Open/Lap Aquatics - Pool 9:05pm - 9:45pm					
		Open Gym Gymnasium - Whirlpool 9:15pm - 9:45pm					

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