



Benton Harbor-St. Joseph YMCA
September 22nd - September 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							Pickleball Whirlpool Gym 5am - 8am
9am	Zumba® Jean Klock Park - Benton Harbor Nancy G. 9am - 10am	Zumba® - Family Friendly Lakehouse Restaurant - St. Joseph Erin F. 9am - 10am	Boot Camp YMCA Parking Lot Chelsey F. 9:15am - 10am	Zumba® Lakehouse Restaurant - St. Joseph Nancy G. 9am - 10am	WERQ YMCA Parking Lot Terra R. 9am - 10am		Pickleball Whirlpool Gym 9am - 12pm
		Yoga Flow Jean Klock Park - Benton Harbor Kristen K. 9am - 10am					
1pm							Pickleball Whirlpool Gym 1pm - 3pm
5pm	Zumba® Lakehouse Restaurant - St. Joseph Erin F. 5:30pm - 6:30pm						Pickleball Whirlpool Gym 5pm - 7pm
							Zumba® - Family Friendly Jean Klock Park - Benton Harbor Blythe H. 5:30pm - 6:30pm
6pm	Cardio Kickboxing YMCA Parking Lot Mike L. 6pm - 7pm		Boot Camp YMCA Parking Lot Mike L. 6pm - 7pm				Boot Camp YMCA Parking Lot Laura H. 6pm - 7pm

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.