



Benton Harbor-St. Joseph YMCA

October 11th - October 17th

3665 Hollywood Road

Saint Joseph, MI 49085

(269) 428-9622

	FRI 11	SAT 12	SUN 13	MON 14	TUE 15	WED 16	THU 17
5am	Open Gym Whirlpool Gym 5am - 9am			Open Gym Hanson Gym 5am - 6:45am	Open Gym Hanson Gym 5am - 6:45am	Open Gym Hanson Gym 5am - 6:45am	Open Gym Hanson Gym 5am - 6:45am
	Open Gym Hanson Gym 5am - 6:45am			Open Gym Whirlpool Gym 5am - 9am	Open Gym Whirlpool Gym 5am - 9am	Open Gym Whirlpool Gym 5am - 9am	Open Gym Whirlpool Gym 5am - 9am
	Lap Swim - 6 Lanes Aquatics - Pool 5:30am - 9:30am			Lap Swim - 6 Lanes Aquatics - Pool 5:30am - 8:30am	Les Mills BodyPump™ Studio A Dana S. 5:30am - 6:30am	Lap Swim - 6 Lanes Aquatics - Pool 5:30am - 8:20am	Les Mills BodyPump™ Studio A Dana S. 5:30am - 6:30am
					Lap Swim - 6 Lanes Aquatics - Pool 5:30am - 8:50am		Lap Swim - 6 Lanes Aquatics - Pool 5:30am - 8:50am
6am	Y-Club Hanson Gym 6:45am - 8am	Open Gym Hanson Gym 6am - 9:30am		Y-Club Hanson Gym 6:45am - 8am	Y-Club Hanson Gym 6:45am - 8am	Y-Club Hanson Gym 6:45am - 9am	Y-Club Hanson Gym 6:45am - 8am
		Lap Swim - 4 Lanes / Swim Lessons - 2 Lanes Aquatics - Pool 6:15am - 10am					
8am	Body Sculpting Studio A Kelly J. 8am - 9am	Cycling Small Group Training Area Alternate Staff 8am - 9am		Body Sculpting Studio A Taylor H 8am - 9am	Cycling Small Group Training Area April Y. 8am - 9am	Body Sculpting Studio A Kelly J. 8am - 9am	Cycling Small Group Training Area Dennis T. 8am - 9am
	Open Gym Hanson Gym 8am - 10:30am	Les Mills BodyPump™ Studio A Alternate Staff 8am - 9am		Open Gym Hanson Gym 8am - 10:30am	Open Gym Hanson Gym 8am - 10:30am	Aqua Yoga / 2 Lap Lanes Aquatics - Pool Kathi S 8:30am - 9:30am	Open Gym Hanson Gym 8am - 10:30am
				Senior Open Swim / 2 Lap Lane Aquatics - Pool 8:30am - 9am		Aqua Yoga / 2 Lap Lanes Aqua Fitness - Pool Kathi S 8:30am - 9:30am	
9am	Pickleball Whirlpool Gym 9am - 12pm	Pickleball Whirlpool Gym 9am - 12pm		Deep Aqua Workout / 1 Lap Lane Aqua Fitness - Pool Beth L. 9am - 10am	Pickleball Whirlpool Gym 9am - 12pm	Slow Flow Yoga Studio B Gloria B. 9am - 10:15am	Pickleball Whirlpool Gym 9am - 12pm
	Dance It Out Studio A Amy M. 9:15am - 10:15am	Yoga Moves Studio B Alternate Staff 9:15am - 10:15am		Deep Aqua Workout / 1 Lap Lane Aquatics - Pool Beth L. 9am - 10am	Aqua Cardio Mix Aquatics - Pool Cheryl D. 9am - 10am	Pickleball Whirlpool Gym 9am - 12pm	Cardio Drumming Studio A Sara R. 9am - 10am
	Senior Open Swim / 3 Lap Lanes Aquatics - Pool 9:30am - 10am	WERQ Studio A Terra S. 9:15am - 10:15am		Pickleball Whirlpool Gym 9am - 12pm	Aqua Cardio Mix Aqua Fitness - Pool Cheryl D. 9am - 10am	Open Gym Hanson Gym 9am - 10:30am	Aqua Cardio Mix Aqua Fitness - Pool Cheryl D. 9am - 10am

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		Childwatch Hanson Gym 9:30am - 10am		Tabata Boot Camp Studio B Kristen K. 9am - 9:45am	TRX Boot Camp Small Group Training Area Laura H. 9:15am - 10:15am	Step Cardio Studio A Sara R. 9:15am - 10:15am	Aqua Cardio Mix Aquatics - Pool Cheryl D. 9am - 10am
				Zumba® Studio A Nancy G. 9:15am - 10:15am	Mind-Body-Balance Studio A Amy L. 9:15am - 10:30am	Open Swim / 3 Lap Lanes Aquatics - Pool 9:30am - 10am	TRX Boot Camp Small Group Training Area Laura H. 9:15am - 10:15am
							Mind-Body-Balance Studio B Amy L. 9:15am - 10:30am
10am	Aqua Cardio Mix Aqua Fitness - Pool Beth L. 10am - 11am	Open Gym Hanson Gym 10am - 1:30pm	Open Gym Hanson Gym 10am - 2:45pm	Open Swim / 3 Lap Lanes Aquatics - Pool 10am - 11am	Preschool Lessons / 2 Lap Lanes Aquatics - Pool 10am - 11am	Preschool Lessons / 2 Lap Lanes Aquatics - Pool 10am - 11am	Open Swim / 3 Lap Lanes Aquatics - Pool 10am - 11am
	Aqua Cardio Mix Aquatics - Pool Beth L. 10am - 11am	Swim Lessons Aquatics - Pool 10am - 11:55am	Pickleball Whirlpool Gym 10am - 12pm	Vinyasa Yoga Studio B Kristen K. 10am - 11am	Childwatch Hanson Gym 10:30am - 11:15am	Childwatch Hanson Gym 10:30am - 11:15am	Childwatch Hanson Gym 10:30am - 11:15am
	Pilates Studio B Maureen C 10:15am - 11:15am	Dance Repertoire Studio A Amy M./ Rachel B. 10:30am - 11:45am	Lap Swim - 6 Lanes Aquatics - Pool 10:30am - 11:30am	Childwatch Hanson Gym 10:30am - 11:15am		Les Mills BodyPump™ Studio A Melissa L 10:30am - 11:30am	
	Les Mills BodyPump™ Studio A Laura H. 10:30am - 11:30am			Les Mills BodyPump™ Studio A Laura H. 10:30am - 11:30am			
	Childwatch Hanson Gym 10:30am - 11:15am						
11am	Lap Swim - 6 Lanes Aquatics - Pool 11am - 2:15pm	Lap Swim - 4 Lanes / Swim Lessons - 2 Lanes Aquatics - Pool 11:55am - 1pm	Open Swim / 3 Lap Lanes Aquatics - Pool 11:30am - 2:30pm	Lap Swim - 6 Lanes Aquatics - Pool 11am - 2pm	Lap Swim - 6 Lanes Aquatics - Pool 11am - 1pm	Lap Swim - 6 Lanes Aquatics - Pool 11am - 2pm	Lap Swim - 6 Lanes Aquatics - Pool 11am - 1pm
	Open Gym Hanson Gym 11:15am - 1:30pm			Open Gym Hanson Gym 11:15am - 1:30pm	Open Gym Hanson Gym 11:15am - 1:30pm	Open Gym Hanson Gym 11:15am - 1:30pm	Open Gym Hanson Gym 11:15am - 1:30pm
					LiveStrong® - must register Studio B YMCA Staff 11:30am - 1pm	StayStrong (registration required) Studio B Sue P. 11:30am - 12:30pm	LiveStrong® - must register Studio B YMCA Staff 11:30am - 1pm
					Zumba® Studio A Erin F. 11:45am - 12:45pm	Beginner Line Dancing Studio A Sunset Coast Dance 11:45am - 12:45pm	Zumba® Studio A Erin F. 11:45am - 12:45pm

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12pm	Open Gym Whirlpool Gym 12pm - 1:15pm	Open Gym Whirlpool Gym 12pm - 3:45pm	Open Gym Whirlpool Gym 12pm - 2:45pm	Open Gym Whirlpool Gym 12pm - 3pm	Open Gym Whirlpool Gym 12pm - 2pm	Open Gym Whirlpool Gym 12pm - 3pm	Open Gym Whirlpool Gym 12pm - 3pm
1pm	Enhance@Fitness (must register) Studio A Courtney B. 1pm - 2pm	Open Swim / 3 Lap Lanes Aquatics - Pool 1pm - 3pm		Enhance@Fitness (must register) Studio A Linda M. 1pm - 2pm	Gentle Yoga Studio A Kathy Z. 1pm - 2pm	Enhance@Fitness (must register) Studio A Taylor H 1pm - 2pm	Open Swim / 3 Lap Lanes Aquatics - Pool 1pm - 4:30pm
	Healthy U - School Group Whirlpool Gym YMCA Staff 1:15pm - 3pm	Open Gym / Birthday Party Hanson Gym 1:30pm - 3:45pm		Childwatch Hanson Gym 1:30pm - 2pm	Homeschool Swim Aquatics - Pool YMCA Staff 1pm - 2pm	Childwatch Hanson Gym 1:30pm - 2pm	Gentle Yoga Studio A Kathy Z. 1pm - 2pm
	Childwatch Hanson Gym 1:30pm - 2pm				Childwatch Hanson Gym 1:30pm - 2pm		Childwatch Hanson Gym 1:30pm - 2pm
2pm	Open Gym Hanson Gym 2pm - 4pm			Open Gym Hanson Gym 2pm - 4pm	Homeschool P.E. Whirlpool Gym YMCA Staff 2pm - 3pm	Open Gym Hanson Gym 2pm - 3:30pm	Open Gym Hanson Gym 2pm - 4pm
	Open Swim / 3 Lap Lanes Aquatics - Pool 2:15pm - 4pm			Open Swim / 3 Lap Lanes Aquatics - Pool 2pm - 4:20pm	Open Gym Hanson Gym 2pm - 4pm	Open Swim / 3 Lap Lanes Aquatics - Pool 2pm - 3:30pm	
					Open Swim / 3 Lap Lanes Aquatics - Pool 2pm - 4:30pm		
3pm	Middle School Hangout Whirlpool Gym 3pm - 5pm			Middle School Hangout Whirlpool Gym 3pm - 5pm	Middle School Hangout Whirlpool Gym 3pm - 5pm	Middle School Hangout Whirlpool Gym 3pm - 5pm	Middle School Hangout Whirlpool Gym 3pm - 5pm
						Swim Lessons / 2 Lap Lanes Aquatics - Pool 3:30pm - 4:15pm	
						Y-Club Hanson Gym 3:30pm - 6pm	
4pm	Dolphins Swim Team Aquatics - Pool 4pm - 5:30pm			Y-Club Hanson Gym 4pm - 6pm	Y-Club Hanson Gym 4pm - 6pm	Swim Lessons Aquatics - Pool 4:15pm - 5:45pm	Y-Club Hanson Gym 4pm - 6pm
	Y-Club Hanson Gym 4pm - 6pm			Swim Lessons Aquatics - Pool 4:15pm - 5:45pm	Dolphins Swim Team Aquatics - Pool 4:30pm - 6:30pm	Private Class Studio A Laura H. 4:30pm - 5:30pm	Dolphins Swim Team Aquatics - Pool 4:30pm - 6:30pm
	Les Mills BodyPump™ Studio A Erin C 4:30pm - 5:30pm			Les Mills BodyPump™ Studio A Julie H. 4:30pm - 5:30pm			

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5pm	Pickleball Whirlpool Gym 5pm - 7pm			Pickleball Whirlpool Gym 5pm - 7pm	Pickleball Whirlpool Gym 5pm - 6pm	Cardio Drumming Studio B Karen D. 5:30pm - 6:15pm	Pickleball Whirlpool Gym 5pm - 7pm
	Swim Lessons / 3 Lap Lanes Aquatics - Pool 5:30pm - 6:15pm			Cycling Small Group Training Area Laura H. 5:30pm - 6:30pm		Dolphins Swim Team Aquatics - Pool 5:45pm - 7:45pm	
				Dolphins Swim Team Aquatics - Pool 5:45pm - 7:45pm		Zumba® Studio A Kathy E./ Erin F. 5:50pm - 6:50pm	
				Step Cardio Studio B Julie H. 5:45pm - 6:45pm			
				Zumba® Studio A Jennifer F. 5:50pm - 6:50pm			
6pm	Pickleball Hanson Gym 6pm - 7:15pm				Adult Volleyball League Hanson Gym 6pm - 9pm	TRX Boot Camp Small Group Training Area Laura H. 6pm - 7pm	Vinyasa Yoga Studio A Alternate Staff 6pm - 7pm
	Open Swim / 3 Lap Lanes Aquatics - Pool 6:15pm - 7:15pm				Adult Volleyball League Whirlpool Gym 6pm - 9pm	Ab Blast Studio B Julie H. 6:25pm - 6:50pm	Youth Karate (Registration Fee) Studio B Stephen L. 6pm - 8pm
					WERQ Studio A Blythe H. 6pm - 7pm		Dolphins Swim Team / Swim Lessons Aquatics - Pool 6:30pm - 8pm
					Youth Karate (Registration Fee) Studio B Stephen L. 6pm - 6:30pm		
					Dolphins Swim Team / Swim Lessons Aquatics - Pool 6:30pm - 8pm		
7pm				Les Mills BodyPump™ Studio A Erin C 7pm - 8pm	Adult Karate (Registration Fee) Studio B Stephen L. 7pm - 9pm	Les Mills BodyPump™ Studio A Julie H. 7pm - 8pm	Badminton Rental Whirlpool Gym 7pm - 9pm
				Open Gym Whirlpool Gym 7pm - 8:45pm	Yoga Moves Studio A Dave K. 7:05pm - 8:05pm	Open Gym Whirlpool Gym 7:30pm - 8:45pm	

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				Deep Aqua Workout / 2 Lap Lanes Aqua Fitness - Pool Denise W. 7:45pm - 8:45pm		Deep Aqua Workout / 2 Lap Lanes Aqua Fitness - Pool Denise W. 7:45pm - 8:45pm	
				Deep Aqua Workout / 2 Lap Lanes Aquatics - Pool Denise W. 7:45pm - 8:45pm		Deep Aqua Workout / 2 Lap Lanes Aquatics - Pool Denise W. 7:45pm - 8:45pm	
8pm					Open Swim / 2 Lap Lanes Aquatics - Pool 8pm - 8:45pm		Open Swim / 2 Lap Lanes Aquatics - Pool 8pm - 8:45pm

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