



**Pool @ Pierson Road YMCA**  
February 3rd - March 3rd

5219 W. Pierson Road  
Flushing Michigan, MI 48433  
(810) 732-9622

	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
<b>5am</b>	<b>Adult Lap Swim</b> 5am - 8:15am	<b>Adult Lap Swim</b> 5am - 8:15am	<b>Adult Lap Swim</b> 5am - 8:15am	<b>Adult Lap Swim</b> 5am - 8:15am	<b>Adult Lap Swim</b> 5am - 8:15am		
<b>6am</b>						<b>Adult Lap Swim</b> 6am - 8am	
<b>8am</b>	<b>Tone-Robics</b> 8:30am - 9:30am	<b>Tone-Robics</b> 8:30am - 9:30am	<b>Tone-Robics</b> 8:30am - 9:30am	<b>Tone-Robics</b> 8:30am - 9:30am	<b>Tone-Robics</b> 8:30am - 9:30am	<b>Hydrorobics</b> 8am - 9am	
<b>9am</b>			<b>School Programs</b> 9:30am - 11am			<b>Swim Lessons</b> 9am - 12pm	
<b>10am</b>	<b>School Programs</b> 10am - 11am	<b>School Programs</b> 10am - 12pm		<b>School Programs</b> 10am - 12pm	<b>School Programs</b> 10am - 11am		
<b>11am</b>	<b>Tone-Robics</b> 11am - 12pm		<b>Tone-Robics</b> 11am - 12pm		<b>Tone-Robics</b> 11am - 12pm		
<b>12pm</b>	<b>Adult Lap Swim</b> 12pm - 1pm	<b>Adult Lap Swim</b> 12pm - 1pm	<b>Adult Lap Swim</b> 12pm - 1pm	<b>Adult Lap Swim</b> 12pm - 1pm	<b>Adult Lap Swim</b> 12pm - 1pm	<b>Open Swim</b> 12pm - 8pm	<b>Open Swim</b> 12pm - 6pm
<b>1pm</b>	<b>School Programs</b> 1pm - 2pm	<b>School Programs</b> 1pm - 2pm	<b>School Programs</b> 1pm - 2pm		<b>School Programs</b> 1pm - 2pm		
<b>2pm</b>	<b>Aqua Flex</b> 2pm - 3pm	<b>School Programs</b> 2pm - 3pm	<b>Aqua Flex</b> 2pm - 3pm	<b>School Programs</b> 2pm - 3:30pm	<b>Aqua Flex</b> 2pm - 3pm		
<b>3pm</b>	<b>Adult Lap Swim</b> 3pm - 5pm	<b>Pool Closed for Cleaning</b> 3pm - 4pm	<b>Adult Lap Swim</b> 3pm - 5pm	<b>Adult Lap Swim</b> 3pm - 5pm	<b>Adult Lap Swim</b> 3pm - 5pm		
<b>5pm</b>	<b>Swim Lessons</b> 5pm - 6:30pm		<b>Swim Lessons</b> 5pm - 6:30pm	<b>Swim Lessons</b> 5pm - 6:30pm	<b>Open Swim</b> 5pm - 9pm		
<b>6pm</b>	<b>Hydrorobics</b> 6:30pm - 7:30pm	<b>Aqua Box</b> 6:30pm - 7:30pm	<b>Hydrorobics</b> 6:30pm - 7:30pm	<b>Aqua Box</b> 6:30pm - 7:30pm			
<b>7pm</b>	<b>Open Swim</b> 7:30pm - 9pm	<b>Open Swim</b> 7:30pm - 9pm	<b>Open Swim</b> 7:30pm - 9pm	<b>Open Swim</b> 7:30pm - 9pm	<b>Open Swim</b> 7:30pm - 9pm		

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.



## Class Descriptions Pierson Road YMCA

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**Aqua Box** - AquaBox combines the benefits of a water aerobic workout with the fun and energy of cardio kickboxing. Boost your fitness level through punches, blocks, strikes, and kicks against the resistance of the water. 1st & 3rd Tuesday

**Aqua Flex** - Toning and stretching with a low impact cardio workout. Perfect for people with arthritis.

**Hydrorobics** - Not for the faint of heart! This fast paced high impact workout will increase your fitness level through intense aquatic training.

**School Programs** - Pool reserved for school groups.

**Tone-Robics** - Moderate impact workout that is fun and challenging. This class combines aerobic exercise and strength training in the water.