



Pool @ Pierson Road YMCA
January 3rd - February 3rd

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Adult Lap Swim 5am - 8:15am	Adult Lap Swim 5am - 8:15am	Adult Lap Swim 5am - 8:15am	Adult Lap Swim 5am - 8:15am	Adult Lap Swim 5am - 8:15am		
6am						Adult Lap Swim 6am - 8am	
8am	Tone-Robics 8:30am - 9:30am	Tone-Robics 8:30am - 9:30am	Tone-Robics 8:30am - 9:30am	Tone-Robics 8:30am - 9:30am	Tone-Robics 8:30am - 9:30am	Hydrorobics 8am - 9am	
9am			School Programs 9:30am - 11am			Swim Lessons 9am - 12pm	
10am	School Programs 10am - 11am	School Programs 10am - 12pm		School Programs 10am - 12pm	School Programs 10am - 11am		
11am	Tone-Robics 11am - 12pm		Tone-Robics 11am - 12pm		Tone-Robics 11am - 12pm		
	Tone-Robics 11am - 12pm		Tone-Robics 11am - 12pm		Tone-Robics 11am - 12pm		
12pm	Adult Lap Swim 12pm - 1pm	Adult Lap Swim 12pm - 1pm	Adult Lap Swim 12pm - 1pm	Adult Lap Swim 12pm - 1pm	Adult Lap Swim 12pm - 1pm	Open Swim 12pm - 8pm	Open Swim 12pm - 6pm
1pm	School Programs 1pm - 2pm	School Programs 1pm - 2pm	School Programs 1pm - 2pm		School Programs 1pm - 2pm		
2pm	Aqua Flex 2pm - 3pm	School Programs 2pm - 3pm	Aqua Flex 2pm - 3pm	School Programs 2pm - 3:30pm	Aqua Flex 2pm - 3pm		
3pm	Adult Lap Swim 3pm - 5pm	Pool Closed for Cleaning 3pm - 4pm	Adult Lap Swim 3pm - 5pm	Adult Lap Swim 3pm - 5pm	Adult Lap Swim 3pm - 5pm		
5pm	Swim Lessons 5pm - 6:30pm		Swim Lessons 5pm - 6:30pm	Swim Lessons 5pm - 6:30pm	Open Swim 5pm - 9pm		
6pm	Hydrorobics 6:30pm - 7:30pm	Aqua Zumba 6:30pm - 7:30pm	Hydrorobics 6:30pm - 7:30pm	Aqua Zumba 6:30pm - 7:30pm			
7pm	Open Swim 7:30pm - 9pm	Open Swim 7:30pm - 9pm	Open Swim 7:30pm - 9pm	Open Swim 7:30pm - 9pm	Open Swim 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 Flex - Toning and stretching with a low impact cardio workout. Perfect for people with arthritis.

Aqua Zumba - Splash your way into shape with this fun low impact workout! This program gives new meaning to the idea of a refreshing workout, Aqua Zumba® blends it all together into workout that's cardio-conditioning, body-toning, and most of all, exhilarating.

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.