



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winter 2017

Pool @ Pierson Road YMCA

January 2nd - May 28th

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	School Programs 9:30am - 12pm	School Programs 9:30am - 11am	School Programs 9:30am - 12pm	School Programs 9:30am - 11am	Swim Lessons 9am - 1pm	
11am	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		Adult Lap Swim 12pm - 1pm
1pm	School Programs 1pm - 2pm	School Programs 1pm - 3pm	School Programs 1pm - 2pm	School Programs 1pm - 3pm	School Programs 1pm - 2pm	Open Swim 1pm - 4pm	Open Swim 1pm - 6pm
2pm	Aqua Flex 2pm - 3pm		Aqua Flex 2pm - 3pm		Aqua Flex 2pm - 3pm		
3pm	After-School Programs 3pm - 4pm	After-School Programs 3pm - 4pm	After-School Programs 3pm - 4pm	After-School Programs 3pm - 4pm	After-School Programs 3pm - 4pm		
4pm	Adult Lap Swim 4pm - 5pm	Adult Lap Swim 4pm - 5pm	Adult Lap Swim 4pm - 5pm	Adult Lap Swim 4pm - 5pm	Adult Lap Swim 4pm - 5pm	Adult Lap Swim 4pm - 5pm	
5pm	Swim Lessons 5pm - 6:30pm	Swim Lessons 5pm - 6:30pm	Swim Lessons 5pm - 6:30pm	Swim Lessons 5pm - 6:30pm	Open Swim 5:30pm - 9pm	Open Swim 5pm - 8pm	
6pm	Hydrorobics 6:30pm - 7:30pm	Aqua Box 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			

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

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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. You will increase your endurance, agility

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.