



**July Schedule**  
**Pool @ Pierson Road YMCA**  
 July 1st - July 31st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<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		
6am						<b>Adult Lap Swim</b> 6am - 8am	
8am	<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	
9am	<b>Adult Lap Swim</b> 9:30am - 11am	<b>Adult Lap Swim</b> 9:30am - 1:30pm	<b>Adult Lap Swim</b> 9:30am - 11am	<b>Adult Lap Swim</b> 9:30am - 1:30pm	<b>Adult Lap Swim</b> 9:30am - 11am	<b>Open Swim</b> 9am - 6pm	
11am	<b>Tone-Robics</b> 11am - 12pm		<b>Tone-Robics</b> 11am - 12pm		<b>Tone-Robics</b> 11am - 12pm		
12pm	<b>Swim Lessons</b> 12pm - 1:30pm		<b>Swim Lessons</b> 12pm - 1:30pm		<b>Adult Lap Swim</b> 12pm - 1:30pm		
1pm	<b>Camp Boomerang</b> 1:30pm - 3pm	<b>Camp Boomerang</b> 1:30pm - 3pm	<b>Camp Boomerang</b> 1:30pm - 3pm	<b>Camp Boomerang</b> 1:30pm - 3pm	<b>Camp Boomerang</b> 1:30pm - 3pm		<b>Open Swim</b> 1pm - 4pm
3pm	<b>Aqua Flex</b> 3pm - 4pm	<b>Adult Lap Swim</b> 3pm - 4pm	<b>Aqua Flex</b> 3pm - 4pm	<b>Adult Lap Swim</b> 3pm - 4pm	<b>Aqua Flex</b> 3pm - 4pm		
4pm	<b>Open Swim</b> 4pm - 5pm	<b>Open Swim</b> 4pm - 5pm	<b>Pool Closed for Cleaning</b> 4pm - 4:45pm	<b>Open Swim</b> 4pm - 5pm	<b>Open Swim</b> 4pm - 5pm		
5pm	<b>Swim Lessons</b> 5pm - 6:30pm	<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		
6pm	<b>Hydrorobics</b> 6:30pm - 7:30pm	<b>Aqua Zumba</b> 6:30pm - 7:30pm	<b>Hydrorobics</b> 6:30pm - 7:30pm	<b>Aqua Zumba</b> 6:30pm - 7:30pm			
7pm	<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

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

**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.

**Camp Boomerang** - Pool area reserved for Camp Boomerang swim.

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

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