



Niles-Buchanan YMCA  
July 18th - July 24th

905 N Front St  
NILES, MI 49120  
(269) 683-1552

	TUE 18	WED 19	THU 20	FRI 21	SAT 22	SUN 23	MON 24
<b>5am</b>	<b>Pickleball</b> East Side Gymnasium 5am - 10am	<b>Pickleball</b> West Side Gymnasium 5am - 1pm	<b>Pickleball</b> East Side Gymnasium 5am - 10am	<b>Pickleball</b> East Side Gymnasium 5am - 10am			<b>Open Gym*</b> West Side Gymnasium 5am - 9am
	<b>Pickleball</b> West Side Gymnasium 5am - 1pm	<b>Open Gym*</b> West Side Gymnasium 5am - 9am	<b>Pickleball</b> West Side Gymnasium 5am - 1pm	<b>Pickleball</b> West Side Gymnasium 5am - 1pm			<b>Pickleball</b> West Side Gymnasium 5am - 1pm
	<b>Open Gym*</b> West Side Gymnasium 5am - 9am	<b>Pickleball</b> East Side Gymnasium 5am - 10am	<b>Open Gym*</b> West Side Gymnasium 5am - 9am	<b>Open Gym*</b> West Side Gymnasium 5am - 9am			<b>Pickleball</b> East Side Gymnasium 5am - 10am
	<b>Cycling</b> Fitness-Inner Track Upstairs Carol Hurt 5:30am - 6:15am	<b>Lap Swim 6 Lanes</b> Tyler Family Main Pool 5:30am - 7am	<b>Lap Swim 6 Lanes</b> Tyler Family Main Pool 5:30am - 7am	<b>Lap Swim 6 Lanes</b> Tyler Family Main Pool 5:30am - 7am			<b>Lap Swim 6 Lanes</b> Tyler Family Main Pool 5:30am - 7am
	<b>Lap Swim 6 Lanes</b> Tyler Family Main Pool 5:30am - 7am	<b>Power Pump</b> Fitness-Inner Track Upstairs Carrie Bilotti 5:30am - 6:15am	<b>Cycling</b> Fitness-Inner Track Upstairs Carol Hurt 5:30am - 6:15am				
	<b>Step</b> Aerobics Room Carrie Bilotti 5:30am - 6:15am						
<b>6am</b>	<b>Adult Swim</b> Warm Water Therapy Pool 6:30am - 7am	<b>Adult Swim</b> Warm Water Therapy Pool 6:30am - 7am	<b>Adult Swim</b> Warm Water Therapy Pool 6:30am - 7am	<b>Adult Swim</b> Warm Water Therapy Pool 6:30am - 7am	<b>Lap Swim 6 Lanes</b> Tyler Family Main Pool 6:30am - 9am		<b>Adult Swim</b> Warm Water Therapy Pool 6:30am - 7am
<b>7am</b>	<b>Family Swim</b> Warm Water Therapy Pool 7am - 9am	<b>Zumba Low Impact</b> Aerobics Room Cecil Cheney 7am - 8am	<b>Family Swim</b> Warm Water Therapy Pool 7am - 9am	<b>Family Swim</b> Warm Water Therapy Pool 7am - 9am			<b>Open Swim (2) lanes</b> Tyler Family Main Pool 7am - 8am
	<b>Open Swim (2) lanes</b> Tyler Family Main Pool 7am - 10am	<b>Open Swim (2) lanes</b> Tyler Family Main Pool 7am - 8am	<b>Open Swim (2) lanes</b> Tyler Family Main Pool 7am - 10am	<b>Open Swim (2) lanes</b> Tyler Family Main Pool 7am - 8am			<b>Zumba Low Impact</b> Aerobics Room Cecil Cheney 7am - 8am
		<b>Family Swim</b> Warm Water Therapy Pool 7am - 9am					<b>Family Swim</b> Warm Water Therapy Pool 7am - 9am
<b>8am</b>	<b>Power Pump</b> Fitness-Inner Track Upstairs Teresa Wright 8am - 9am	<b>Aqua Aerobics</b> Tyler Family Main Pool Jan Bozung 8am - 9am	<b>Barre</b> Aerobics Room Michelle Holloway 8am - 9am	<b>Yoga Fitness in the Park</b> Aerobics Room Krista Kotlarz 8am - 9am	<b>Pickleball</b> West Side Gymnasium 8am - 1pm		<b>Interval Mix</b> Fitness-Inner Track Upstairs Michelle Holloway 8am - 9am
	<b>Gentle Foam Rolling</b> Aerobics Room Michelle Holloway 8:15am - 9am	<b>Yoga</b> Aerobics Room Krista Kotlarz 8am - 9am		<b>Aqua Aerobics</b> Tyler Family Main Pool Jan Bozung 8am - 9am	<b>Adult Swim</b> Warm Water Therapy Pool 8am - 10am		<b>Yoga</b> Aerobics Room Krista Kotlarz 8am - 9am
		<b>Mariners Swim Team Practice**</b> Tyler Family Main Pool 8:30am - 10am		<b>Interval Mix</b> Fitness-Inner Track Upstairs Michelle Holloway 8am - 9am	<b>Open Gym*</b> West Side Gymnasium 8am - 1pm		<b>Aqua Aerobics</b> Tyler Family Main Pool Jan Bozung 8am - 9am

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.



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	TUE 18	WED 19	THU 20	FRI 21	SAT 22	SUN 23	MON 24
		<b>Tabata</b> Fitness-Inner Track Upstairs Michelle Holloway 8:30am - 9am		<b>Mariners Swim Team Practice**</b> Tyler Family Main Pool 8:30am - 10am	<b>Pickleball</b> East Side Gymnasium 8am - 1pm		<b>Mariners Swim Team - Practice</b> Tyler Family Main Pool 8:30am - 10am
					<b>Mad Dogg Spinning</b> Fitness-Inner Track Upstairs Courtney Teske 8am - 9am		
<b>9am</b>	<b>Core Fusion</b> Aerobics Room Michelle Holloway 9am - 10am	<b>Zumba Fitness in the Park</b> Aerobics Room Jessica Cornelius 9am - 10am	<b>Core Fusion</b> Aerobics Room Michelle Holloway 9am - 10am	<b>Lakeland Rehab/Therapy</b> Warm Water Therapy Pool 9am - 5pm	<b>Yoga</b> Aerobics Room Krista Kotlarz 9am - 10am		<b>Lakeland Rehab/Therapy</b> Warm Water Therapy Pool 9am - 5pm
	<b>Open Gym</b> West Side Gymnasium 9am - 1pm	<b>Barre</b> Aerobics Room Stacy LaBre 9am - 10am	<b>Step</b> Fitness-Inner Track Upstairs Deanna Scelzo 9am - 10am	<b>Open Gym</b> West Side Gymnasium 9am - 11am	<b>Swim Lessons (2)</b> Tyler Family Main Pool YMCA Staff 9am - 12pm		<b>Open Gym</b> West Side Gymnasium 9am - 1pm
	<b>Lakeland Rehab/Therapy</b> Warm Water Therapy Pool 9am - 5pm	<b>Open Gym</b> West Side Gymnasium 9am - 1pm	<b>Open Gym</b> West Side Gymnasium 9am - 1pm	<b>Hip Box</b> Fitness-Inner Track Upstairs Tiffany Rusher 9am - 9:45am	<b>Step</b> Fitness-Inner Track Upstairs Carrie Bilotti 9am - 10am		<b>Step</b> Fitness-Inner Track Upstairs Chrissie Kaufmann 9am - 10am
	<b>Taboxing</b> Fitness-Inner Track Upstairs Chrissie Kaufmann 9am - 10am	<b>Kickboxing</b> Fitness-Inner Track Upstairs Lyndsay Koleda 9am - 10am	<b>Lakeland Rehab/Therapy</b> Warm Water Therapy Pool 9am - 5pm	<b>Step</b> Aerobics Room Michelle Carwyn 9am - 10am			<b>Barre</b> Aerobics Room Stacy LaBre 9am - 10am
		<b>Lakeland Rehab/Therapy</b> Warm Water Therapy Pool 9am - 5pm					
<b>10am</b>	<b>Tai Chi</b> Aerobics Room Fa'Soa Fa'Soa 10am - 11am	<b>Open Swim (2) lanes</b> Tyler Family Main Pool 10am - 11am	<b>PIYO LIVE</b> Fitness-Inner Track Upstairs Emily McFadden 10am - 11am	<b>Open Gym</b> East Side Gymnasium 10am - 11am	<b>Boot Camp</b> Fitness-Inner Track Upstairs Kate Brady 10am - 11am	<b>Mad Dogg Spinning</b> Fitness-Inner Track Upstairs Courtney Teske 10:30am - 11:30am	<b>Zumba Fitness in the Park</b> Aerobics Room Tiffany Rusher 10am - 11am
	<b>Kindercamp* (1)</b> Tyler Family Main Pool 10am - 11am	<b>Power Pump</b> Fitness-Inner Track Upstairs Michelle Carwyn 10am - 11am	<b>Open Gym</b> East Side Gymnasium 10am - 11am	<b>Open Swim (2) lanes</b> Tyler Family Main Pool 10am - 11am	<b>Family Swim</b> Warm Water Therapy Pool 10am - 10:45am	<b>Adult Pick-up Basketball MEMBERS ONLY</b> West Side Gymnasium 10:30am - 1pm	<b>Body Worx</b> Aerobics Room Chrissie Kaufmann 10am - 11am
	<b>PIYO LIVE</b> Fitness-Inner Track Upstairs Emily McFadden 10am - 11am	<b>Open Gym</b> East Side Gymnasium 10am - 11am	<b>Zumba</b> Aerobics Room Lacey Peters 10am - 11am	<b>Power Pump</b> Fitness-Inner Track Upstairs Michelle Carwyn 10am - 11am	<b>Swim Lessons*</b> Warm Water Therapy Pool 10:45am - 11:45am		<b>Open Swim (2) lanes</b> Tyler Family Main Pool 10am - 11am
	<b>Open Gym</b> East Side Gymnasium 10am - 11am	<b>\$5 Speedball</b> Aerobics Room Tiffany Rusher 10am - 10:45am	<b>Kindercamp* (1)</b> Tyler Family Main Pool 10am - 11am				<b>Open Gym</b> East Side Gymnasium 10am - 11am

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11am		<b>Swim Lessons*</b> Tyler Family Main Pool 10:30am - 11am					
	<b>Zumba</b> Aerobics Room Lacey Peters 11am - 12pm	<b>Pickleball</b> East Side Gymnasium 11am - 3pm	<b>Aqua Aerobics</b> Tyler Family Main Pool Julie Tirota 11am - 12pm	<b>Pickleball</b> East Side Gymnasium 11am - 3pm	<b>Taekwondo</b> Aerobics Room YMCA Staff 11am - 2pm	<b>Zumba</b> Aerobics Room Lindsay Todd 11am - 12pm	<b>Kindercamp* (1)</b> Tyler Family Main Pool 11am - 11:45am
	<b>Lap Swim (2)</b> Tyler Family Main Pool 11am - 11:30am	<b>Kindercamp* (1)</b> Tyler Family Main Pool 11am - 11:45am	<b>Pickleball</b> East Side Gymnasium 11am - 1:45pm	<b>Cardio Drumming</b> Fitness-Inner Track Upstairs Tiffany Rusher 11am - 12pm	<b>Family Swim</b> Warm Water Therapy Pool 11:45am - 2pm	<b>Rumble</b> East Side Gymnasium Lisa Cherrone 11am - 12pm	<b>Pickleball</b> East Side Gymnasium 11am - 3pm
	<b>Pickleball</b> East Side Gymnasium 11am - 1:45pm	<b>Enhance Fitness</b> Aerobics Room Liz Carmichael 11:15am - 12:15pm		<b>Youth and Family Open Gym</b> West Side Gymnasium 11am - 1pm		<b>Open Swim (2) lanes</b> Tyler Family Main Pool 11am - 12pm	<b>Enhance Fitness</b> Aerobics Room Liz Carmichael 11:15am - 12:15pm
	<b>Aqua Aerobics</b> Tyler Family Main Pool Julie Tirota 11am - 12pm	<b>Lap Swim 6 Lanes</b> Tyler Family Main Pool 11:45am - 1pm		<b>Kindercamp* (1)</b> Tyler Family Main Pool 11am - 11:45am		<b>Ab Blast</b> Fitness-Inner Track Upstairs Courtney Teske 11:30am - 12pm	<b>Lap Swim 6 Lanes</b> Tyler Family Main Pool 11:45am - 1pm
	<b>Swim Lessons</b> Tyler Family Main Pool YMCA Staff 11:30am - 12pm			<b>Chair Aerobics</b> Aerobics Room Liz Carmichael 11:30am - 12:15pm			
				<b>Lap Swim 6 Lanes</b> Tyler Family Main Pool 11:45am - 1pm			
12pm	<b>Lap Swim 6 Lanes</b> Tyler Family Main Pool 12pm - 1pm	<b>Chair Yoga</b> Aerobics Room Krista Kotlarz 12:15pm - 1pm	<b>Lap Swim 6 Lanes</b> Tyler Family Main Pool 12pm - 1pm	<b>Enhance Fitness</b> Aerobics Room Donna Middleton 12:30pm - 1:30pm	<b>Lap Swim 6 Lanes</b> Tyler Family Main Pool 12pm - 1pm	<b>Open Gym</b> East Side Gymnasium 12pm - 1:30pm	<b>Just My Exercise</b> Aerobics Room Lacey Peters 12:15pm - 1pm
	<b>Enhance Fitness</b> Aerobics Room Donna Middleton 12:30pm - 1:30pm					<b>Adult Swim</b> Warm Water Therapy Pool 12pm - 1pm	
						<b>Lap Swim 6 Lanes</b> Tyler Family Main Pool 12pm - 1pm	
						<b>Step Tabata</b> Aerobics Room Teresa Wright 12:30pm - 1:30pm	
1pm	<b>Niles &amp; Brandywine Summer My Way</b> West Side Gymnasium 1pm - 2:30pm	<b>Niles &amp; Brandywine Summer My Way</b> West Side Gymnasium 1pm - 2:30pm	<b>Niles &amp; Brandywine Summer My Way</b> West Side Gymnasium 1pm - 2:30pm	<b>Niles &amp; Brandywine Summer My Way</b> Tyler Family Main Pool 1pm - 2:30pm	<b>Youth and Teen Open Gym</b> East Side Gymnasium 1pm - 3:45pm	<b>Family Swim</b> Warm Water Therapy Pool 1pm - 2:30pm	<b>Niles &amp; Brandywine Summer My Way</b> Tyler Family Main Pool 1pm - 2:30pm
	<b>Niles &amp; Brandywine Summer My Way</b> Tyler Family Main Pool 1pm - 2:30pm	<b>Niles &amp; Brandywine Summer My Way</b> Tyler Family Main Pool 1pm - 2:30pm	<b>Children's Center</b> Tyler Family Main Pool 1pm - 2pm	<b>Niles &amp; Brandywine Summer My Way</b> West Side Gymnasium 1pm - 2:30pm	<b>Open Swim (2) lanes</b> Tyler Family Main Pool 1pm - 3pm	<b>Family Open Gym</b> West Side Gymnasium 1pm - 3pm	<b>Niles &amp; Brandywine Summer My Way</b> West Side Gymnasium 1pm - 2:30pm

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	<b>Youth and Family Open Gym</b> East Side Gymnasium 1:45pm - 5pm		<b>Niles &amp; Brandywine Summer My Way</b> Tyler Family Main Pool 1pm - 2:30pm		<b>Family Open Gym</b> West Side Gymnasium 1pm - 3:45pm	<b>Open Swim (2) lanes</b> Tyler Family Main Pool 1pm - 2:30pm	
			<b>Youth and Family Open Gym</b> East Side Gymnasium 1:45pm - 5pm			<b>Yoga</b> Aerobics Room Teresa Wright 1:30pm - 2:30pm	
						<b>Family Pickleball</b> East Side Gymnasium 1:30pm - 2:45pm	
<b>2pm</b>	<b>TEEN (13-19) Open Gym</b> West Side Gymnasium 2:30pm - 6pm	<b>Open Swim (2) lanes</b> Tyler Family Main Pool 2:30pm - 4pm	<b>Open Swim (2) lanes</b> Tyler Family Main Pool 2:30pm - 4pm	<b>Aqua Aerobics</b> Tyler Family Main Pool Julie Tirotta 2:30pm - 3:30pm	<b>Adult Swim</b> Warm Water Therapy Pool 2pm - 3pm		<b>Open Swim (2) lanes</b> Tyler Family Main Pool 2:30pm - 4pm
	<b>Aqua Aerobics</b> Tyler Family Main Pool Julie Tirotta 2:30pm - 3:30pm						
<b>3pm</b>	<b>Water Walking</b> Tyler Family Main Pool No Instructor 3pm - 4pm	<b>TEEN (13-19) Open Gym</b> West Side Gymnasium 3pm - 9:45pm	<b>TEEN (13-19) Open Gym</b> West Side Gymnasium 3pm - 6pm	<b>TEEN (13-19) Open Gym</b> West Side Gymnasium 3pm - 6pm			<b>TEEN (13-19) Open Gym</b> West Side Gymnasium 3pm - 9:45pm
	<b>TEEN (13-19) Open Gym</b> West Side Gymnasium 3pm - 4:15pm	<b>Youth and Family Open Gym</b> East Side Gymnasium 3pm - 5:30pm		<b>Youth and Family Open Gym</b> East Side Gymnasium 3pm - 6pm			<b>Youth and Family Open Gym</b> East Side Gymnasium 3pm - 5:30pm
				<b>Water Walking</b> Tyler Family Main Pool No Instructor 3pm - 4pm			
<b>4pm</b>	<b>Mariners Swim Team Practice**</b> Tyler Family Main Pool 4pm - 5:30pm	<b>Open Swim</b> Tyler Family Main Pool 4pm - 5:30pm	<b>Mariners Swim Team Practice**</b> Tyler Family Main Pool 4pm - 5:30pm	<b>Open Swim</b> Tyler Family Main Pool 4pm - 5:30pm			<b>S.O.S.*</b> Tyler Family Main Pool 4pm - 5:30pm
	<b>S.O.S.*</b> Tyler Family Main Pool 4pm - 5:30pm	<b>Zumba</b> Fitness-Inner Track Upstairs Heidi Weber 4pm - 5pm	<b>S.O.S.*</b> Tyler Family Main Pool 4pm - 5:30pm	<b>S.O.S.*</b> Tyler Family Main Pool 4pm - 5:30pm			<b>Open Swim</b> Tyler Family Main Pool 4pm - 5:30pm
		<b>S.O.S.*</b> Tyler Family Main Pool 4pm - 5:30pm	<b>Step</b> Fitness-Inner Track Upstairs Sara Small 4:45pm - 5:30pm				<b>Zumba</b> Aerobics Room Heidi Weber 4pm - 5pm
							<b>Cardio Step</b> Fitness-Inner Track Upstairs Nancy Northrop 4:45pm - 5:30pm

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5pm	<b>Gymnastics Lessons*</b> East Side Gymnasium YMCA Staff 5pm - 7pm	<b>Swim Lessons*</b> Warm Water Therapy Pool 5pm - 5:30pm	<b>Adult Swim</b> Warm Water Therapy Pool 5pm - 6pm	<b>Tabata</b> Fitness-Inner Track Upstairs Nancy Northrop 5pm - 6pm			<b>Swim Lessons*</b> Warm Water Therapy Pool 5pm - 5:30pm
	<b>Fit Kids (4-8 years)</b> Aerobics Room Liz Carmichael 5pm - 5:30pm	<b>Tabata</b> Fitness-Inner Track Upstairs Tonya Keigley 5pm - 6pm	<b>Gymnastics Lessons*</b> East Side Gymnasium YMCA Staff 5pm - 7pm	<b>Family Swim</b> Warm Water Therapy Pool 5pm - 7:30pm			<b>Power Pump</b> Fitness-Inner Track Upstairs Michelle Carwyn 5:30pm - 6:30pm
	<b>Kickin' Cardio &amp; Tone</b> Fitness-Inner Track Upstairs Tonya Keigley 5pm - 5:30pm	<b>Fit for Life</b> Aerobics Room Margaret Haines 5:30pm - 6:30pm	<b>Fit for Life</b> Aerobics Room Margaret Haines 5:30pm - 6:30pm	<b>Lap Swim 6 Lanes</b> Tyler Family Main Pool 5:30pm - 6:30pm			<b>Fit for Life</b> Aerobics Room Margaret Haines 5:30pm - 6:30pm
	<b>Swim Lessons*</b> Warm Water Therapy Pool 5pm - 5:30pm	<b>Swim Lessons*</b> Tyler Family Main Pool 5:30pm - 7:15pm	<b>Lap Swim 6 Lanes</b> Tyler Family Main Pool 5:30pm - 6:30pm				<b>Swim Lessons*</b> Tyler Family Main Pool 5:30pm - 7:15pm
	<b>Swim Lessons*</b> Tyler Family Main Pool 5:30pm - 7:15pm	<b>Just for You Swim*</b> Tyler Family Main Pool 5:30pm - 6:30pm	<b>Power Pump</b> Fitness-Inner Track Upstairs Sara Small 5:30pm - 6:30pm				<b>Just for You Swim*</b> Tyler Family Main Pool 5:30pm - 6:30pm
	<b>Adult Swim</b> Warm Water Therapy Pool 5:30pm - 6pm	<b>Family Swim</b> Warm Water Therapy Pool 5:30pm - 8pm					<b>Family Swim</b> Warm Water Therapy Pool 5:30pm - 8pm
	<b>\$5 Speedball</b> Aerobics Room Krissie Enright 5:30pm - 6:15pm						
	<b>Fit Kids (4-8 years)</b> East Side Gymnasium YMCA Staff 5:30pm - 6pm						
	<b>Lap Swim (4)</b> Tyler Family Main Pool 5:30pm - 6:30pm						
	<b>STAYSTRONG at the YMCA</b> Aerobics Room Liz Carmichael 5:45pm - 6:45pm						
6pm	<b>Aqua Relaxation</b> Warm Water Therapy Pool Dawn Bouwkamp 6pm - 7pm	<b>Hip Box</b> Fitness-Inner Track Upstairs Tiffany Rusher 6pm - 6:30pm	<b>Aqua Relaxation</b> Warm Water Therapy Pool Dawn Bouwkamp 6pm - 7pm	<b>Adult Pick-up Basketball MEMBERS ONLY</b> West Side Gymnasium 6pm - 8:45pm			<b>Outdoor Family Boot Camp</b> Fitness-Inner Track Upstairs Lauri Wise 6:30pm - 7:30pm

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	TUE 18	WED 19	THU 20	FRI 21	SAT 22	SUN 23	MON 24
	<b>Youth and Family Open Gym</b> West Side Gymnasium 6pm - 7:30pm	<b>Cardio Drumming</b> Fitness-Inner Track Upstairs Tiffany Rusher 6:30pm - 7pm	<b>Youth and Family Open Gym</b> West Side Gymnasium 6pm - 7:30pm	<b>Zumba</b> Fitness-Inner Track Upstairs Heidi Weber 6pm - 7pm			<b>**Family Boot Camp</b> East Side Gymnasium Lauri Wise 6:30pm - 7:30pm
	<b>Mad Dogg Spinning</b> Fitness-Inner Track Upstairs Courtney Teske 6:30pm - 7:30pm	<b>Barre Above</b> Aerobics Room Kate Brady 6:30pm - 7:30pm	<b>Power Yoga</b> Aerobics Room Krista Kotlarz 6:30pm - 7:30pm	<b>Pickleball</b> East Side Gymnasium 6pm - 8:45pm			<b>Barre</b> Aerobics Room Marissa Newhouse 6:30pm - 7:30pm
		<b>Youth and Family Open Gym</b> East Side Gymnasium 6:30pm - 7:30pm	<b>Open Swim (2) lanes</b> Tyler Family Main Pool 6:30pm - 7pm	<b>Open Swim (2) lanes</b> Tyler Family Main Pool 6:30pm - 8:30pm			<b>Mad Dogg Spinning</b> Aerobics Room Courtney Teske 6:30pm - 7:30pm
			<b>Mad Dogg Spinning</b> Fitness-Inner Track Upstairs Courtney Teske 6:30pm - 7:30pm				
<b>7pm</b>	<b>Open Gym</b> East Side Gymnasium 7pm - 9:45pm	<b>Plyo Burn</b> Fitness-Inner Track Upstairs Lisa Cherrone 7pm - 8pm	<b>Family Swim</b> Warm Water Therapy Pool 7pm - 8:30pm	<b>Adult Swim</b> Warm Water Therapy Pool 7:30pm - 8:30pm			<b>Aqua Zumba \$5 at Orchard Hills</b> Fitness-Inner Track Upstairs Tiffany Rusher 7pm - 8pm
	<b>Family Swim</b> Warm Water Therapy Pool 7pm - 8:30pm	<b>Zumba Fitness in the Park</b> Aerobics Room Tiffany Rusher 7pm - 8pm	<b>Open Gym</b> East Side Gymnasium 7pm - 9:45pm				<b>Aqua Aerobics (2)</b> Tyler Family Main Pool Lucy Schultz 7:15pm - 8:15pm
	<b>Rumble</b> Aerobics Room Stephanie Teeter 7pm - 8pm	<b>Adult Pick-up Basketball MEMBERS ONLY</b> East Side Gymnasium 7:30pm - 9:45pm	<b>Aqua Aerobics (2)</b> Tyler Family Main Pool Lucy Schultz 7:15pm - 8:15pm				<b>Rest and Restore Yoga</b> Aerobics Room Kate Brady 7:30pm - 8:30pm
	<b>Open Swim (2) lanes</b> Tyler Family Main Pool 7:15pm - 9pm		<b>TEEN (13-19) Open Gym</b> West Side Gymnasium 7:30pm - 9:45pm				<b>Adult Pick-up Basketball MEMBERS ONLY</b> East Side Gymnasium 7:30pm - 9:45pm
	<b>Zumba Toning</b> Fitness-Inner Track Upstairs Lindsay Todd 7:30pm - 8:30pm		<b>Zumba</b> Aerobics Room Cecil Cheney 7:30pm - 8:30pm				<b>Zumba</b> Fitness-Inner Track Upstairs Valray Croom 7:30pm - 8:30pm
	<b>TEEN (13-19) Open Gym</b> West Side Gymnasium 7:30pm - 9:45pm						
<b>8pm</b>	<b>Adult Swim</b> Warm Water Therapy Pool 8:30pm - 9pm	<b>Open Swim (2) lanes</b> Tyler Family Main Pool 8pm - 9pm	<b>Open Swim (2) lanes</b> Tyler Family Main Pool 8:15pm - 9pm				<b>Adult Swim</b> Warm Water Therapy Pool 8pm - 9pm

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	<b>Adult Swim</b> Warm Water Therapy Pool 8pm - 9pm	<b>Adult Swim</b> Warm Water Therapy Pool 8:30pm - 9pm				<b>Open Swim (2) lanes</b> Tyler Family Main Pool 8:15pm - 9pm

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