



Winter I 2019 - updated 1/31/19
Gym - East @ YMCA of the Blue Water Area
 January 7th - March 3rd

1525 Third Street
 Port Huron, MI 48060
 (810) 987-6400

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|------|-----------------------------------------------------|------------------------------------------------|-----------------------------------------------------|--------------------------------------------|-----------------------------------------------------|------------------------------------------|-------------------------------|
| 5am | Boot Camp 5:30am - 6:15am | Open Gym 5am - 8am | Boot Camp 5:30am - 6:15am | Open Gym 5am - 8am | Boot Camp 5:30am - 6:15am | | |
| 6am | Open Gym 6:15am - 8:30am | Open Gym 6:30am - 8am | Open Gym 6:15am - 8:30am | Open Gym 6:30am - 8am | Open Gym 6:15am - 8:30am | | |
| | Open Gym 6:30am - 8am | | Open Gym 6:30am - 8am | | Open Gym 6:30am - 8am | | |
| 7am | | | | | | Open Gym 7am - 9am | |
| 8am | Gym Walk 8:30am - 9am | Pickleball 8am - 11am | Gym Walk 8:30am - 9am | Pickleball 8am - 11am | Gym Walk 8:30am - 9am | | |
| 9am | Enhance Fitness - Level 2 9am - 10am | | Enhance Fitness - Level 2 9am - 10am | | Enhance Fitness - Level 2 9am - 10am | Little Ninja's 9:15am - 10am | |
| 10am | Enhance Fitness - Mixed Level 10am - 11am | | Enhance Fitness - Mixed Level 10am - 11am | | Enhance Fitness - Mixed Level 10am - 11am | Little Tumblers 10:15am - 11am | Open Gym 10am - 5pm |
| 11am | Warm World 11am - 12:15pm | Warm World 11am - 12:15pm | Warm World 11am - 12:15pm | Warm World 11am - 12:15pm | Warm World 11am - 12:15pm | Family Yoga 11:15am - 12pm | |
| 12pm | Adult Basketball 12:15pm - 3pm | Pickleball 12:15pm - 2:15pm | Adult Basketball 12:15pm - 3pm | Home School Gym 12:15pm - 1:15pm | Adult Basketball 12:15pm - 3pm | Open Gym 12pm - 3pm | |
| 1pm | | | | Pickleball 1:15pm - 3:15pm | | | |
| 2pm | | Open Gym 2:15pm - 3:15pm | | | | | |
| 3pm | Warm World 3:15pm - 4:15pm | Warm World 3:15pm - 4:15pm | Warm World 3:15pm - 4:15pm | Warm World 3:15pm - 4:15pm | Warm World 3:15pm - 4:15pm | Futsal 3pm - 9pm | |
| 4pm | | Open Gym 4:15pm - 5:30pm | Open Gym 4:15pm - 9pm | Open Gym 4:15pm - 5:30pm | Open Gym 4:15pm - 7pm | | |
| 5pm | Nationals Futsal 5pm - 9pm | Youth Basketball 6-9 5:30pm - 6:30pm | | Kids Circuit 5:30pm - 6:15pm | | | |
| 6pm | | Open Gym 6:30pm - 9pm | | | Nationals Futsal 6pm - 8pm | | |
| 7pm | | | | Pickleball 7pm - 8pm | | | |

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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|------|-----------------------------------------------------|---------------------------------------|-----------------------------------------------------|--------------------------------------------|-----------------------------------------------------|------------------------------|-------------------------------|
| 5am | Boot Camp 5:30am - 6:15am | Open Gym 5am - 6:30am | Boot Camp 5:30am - 6:15am | Open Gym 5am - 6:30am | Boot Camp 5:30am - 6:15am | | |
| 7am | | | | | | Open Gym 7am - 9am | |
| 8am | Gym Walk 8:30am - 9am | Pickleball 8am - 11am | Gym Walk 8:30am - 9am | Pickleball 8am - 11am | Gym Walk 8:30am - 9am | | |
| 9am | Enhance Fitness - Level 2 9am - 10am | | Enhance Fitness - Level 2 9am - 10am | | Enhance Fitness - Level 2 9am - 10am | Open Gym 9am - 3pm | |
| 10am | Enhance Fitness - Mixed Level 10am - 11am | | Enhance Fitness - Mixed Level 10am - 11am | | Enhance Fitness - Mixed Level 10am - 11am | | Open Gym 10am - 3pm |
| | | | | | | | Open Gym 10am - 5pm |
| 11am | Senior Boot Camp 11am - 11:45am | Pickleball 11am - 12:15pm | Senior Boot Camp 11am - 11:45am | Open Gym 11am - 12:15pm | Senior Boot Camp 11am - 11:45am | | |
| 12pm | Adult Basketball 12:15pm - 3pm | Pickleball 12:15pm - 2:15pm | Adult Basketball 12:15pm - 3pm | Home School Gym 12:15pm - 1:15pm | Adult Basketball 12:15pm - 3pm | | |
| 1pm | | | | Pickleball 1:15pm - 3:15pm | | | |
| 2pm | | Open Gym 2:15pm - 5:45pm | | | | | |
| 3pm | Open Gym 3pm - 5pm | | Open Gym 3pm - 5:30pm | Open Gym 3:15pm - 7pm | Open Gym 3pm - 7pm | Futsal 3pm - 9pm | Open Gym 3pm - 5pm |
| 5pm | Nationals Futsal 5pm - 9pm | Spinning 5:30pm - 6:15pm | Little Sporters 5:30pm - 6:15pm | | | | |
| 6pm | | Open Gym 6:30pm - 9pm | Open Gym 6:30pm - 9pm | | Nationals Futsal 6pm - 8pm | | |
| 7pm | | | | Pickleball 7pm - 8pm | | | |

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.