



Winter I
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 6:15am - 8:30am		Open Gym 6:15am - 8:30am		
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					
7pm				Pickleball 7pm - 8pm	Nationals Futsal 7pm - 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.



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	MON	TUE	WED	THU	FRI	SAT	SUN
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		
6am	Take it to the Top with Tim \$ 6:30am - 8am	Take it to the Top with Tim \$ 6:30am - 8am	Take it to the Top with Tim \$ 6:30am - 8am	Take it to the Top with Tim \$ 6:30am - 8am	Take it to the Top with Tim \$ 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	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 5:45pm - 6:30pm	Little Sporters 5:30pm - 6:15pm				
6pm		Open Gym 6:30pm - 9pm	Open Gym 6:30pm - 9pm				
7pm				Pickleball 7pm - 8pm	Nationals Futsal 7pm - 9pm		

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