



Winter I 2019 - updated 1/31/19  
 Group Exercise @ 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	<b>Boot Camp</b> 5:30am - 6:15am	<b>Fit in 30 - Pull-ups with Tina \$</b> 5am - 5:30am	<b>Boot Camp</b> 5:30am - 6:15am	<b>Fit in 30 - HIIT with Tina \$</b> 5:30am - 6am	<b>Boot Camp</b> 5:30am - 6:15am		
		<b>Fit in 30 - Pull-ups with Tina \$</b> 5:30am - 6am					
6am	<b>Spinning</b> 6am - 6:45am	<b>Kettlebells</b> 6:30am - 7:15am	<b>Spinning</b> 6am - 6:45am	<b>Kettlebells</b> 6:30am - 7:15am	<b>Spinning</b> 6am - 6:45am		
	<b>Yoga - Multilevel</b> 6:30am - 7:15am						
7am						<b>Spinning</b> 7:15am - 8am	
						<b>Fit in 30 - Total Body with Mary \$</b> 7:30am - 8am	
8am	<b>Yoga - Multilevel</b> 8am - 8:45am	<b>Pilates</b> 8am - 8:45am	<b>Yoga - Multilevel</b> 8am - 8:45am	<b>Pilates</b> 8am - 8:45am	<b>Yoga - Multilevel</b> 8am - 8:45am	<b>Spinning</b> 8:15am - 9am	
	<b>Core Power</b> 8:15am - 9am		<b>Core Power</b> 8:15am - 9am		<b>Core Power</b> 8:15am - 9am		
					<b>TRX HIIT</b> 8:30am - 9am		
9am	<b>Enhance Fitness - Level 2</b> 9am - 10am	<b>Enhance Fitness - Mixed Level</b> 9am - 10am	<b>Enhance Fitness - Level 2</b> 9am - 10am	<b>Enhance Fitness - Mixed Level</b> 9am - 10am	<b>Enhance Fitness - Level 2</b> 9am - 10am	<b>Enhance Fitness - Mixed Level</b> 9am - 10am	
	<b>Gentle Yoga</b> 9am - 9:45am	<b>Fit in 30 - Member's Choice with Elizabeth \$</b> 9am - 9:30am	<b>Gentle Yoga</b> 9am - 9:45am	<b>Fit in 30 - Member's Choice with Elizabeth \$</b> 9am - 9:30am	<b>Step &amp; Strength</b> 9:15am - 10am	<b>Little Ninja's</b> 9:15am - 10am	
	<b>Fit in 30 - Strength &amp; Conditioning - Interm \$</b> 9am - 10am	<b>Cardio-n-Core</b> 9:15am - 10am	<b>Fit in 30 - Strength &amp; Conditioning - Interm \$</b> 9am - 10am	<b>Cardio-n-Core</b> 9:15am - 10am		<b>Circuit Training</b> 9:15am - 10am	
	<b>Fit in 30 - Strength &amp; Conditioning \$</b> 9am - 10am		<b>Step &amp; Strength</b> 9:15am - 10am				
	<b>Step &amp; Strength</b> 9:15am - 10am						
10am	<b>Enhance Fitness - Mixed Level</b> 10am - 11am	<b>Tap Cardio</b> 10:15am - 11am	<b>Enhance Fitness - Mixed Level</b> 10am - 11am	<b>Tap Cardio</b> 10:15am - 11am	<b>Enhance Fitness - Mixed Level</b> 10am - 11am	<b>Little Tumblers</b> 10:15am - 11am	
	<b>Aerobics</b> 10:15am - 11am	<b>Brains and Balance Past 60</b> 10:15am - 11:15am	<b>Fit in 30 - Strength &amp; Conditioning - Interm \$</b> 10am - 11am	<b>Yoga - Multilevel</b> 10:15am - 11am	<b>Aerobics</b> 10:15am - 11am	<b>Cardio-n-Core</b> 10:15am - 11am	
	<b>Meditation</b> 10:15am - 11am		<b>Aerobics</b> 10:15am - 11am				
11am	<b>Senior Boot Camp</b> 11am - 11:45am	<b>TRX</b> 11:30am - 12pm	<b>Senior Boot Camp</b> 11am - 11:45am	<b>TRX</b> 11:30am - 12pm	<b>Senior Boot Camp</b> 11am - 11:45am	<b>Family Yoga</b> 11:15am - 12pm	

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
	Enhance Fitness - Level 1 11am - 12pm		Enhance Fitness - Level 1 11am - 12pm		Enhance Fitness - Level 1 11am - 12pm		
	Operation VETSTRONG: Gentle Yoga 11am - 11:45am				Operation VETSTRONG: Enhance Fitness 11am - 11:45am		
12pm	Spinning 12:10pm - 12:40pm	Power Sculpt 12:10pm - 12:40pm	Spinning 12:10pm - 12:40pm	Intensity 12:10pm - 12:40pm	Spinning 12:10pm - 12:40pm	Circuit - Adaptive 12:15pm - 1pm	
1pm						Dance Aerobics - Adaptive 1:15pm - 2pm	Brazilian Jiu Jitsu 1pm - 3pm
4pm	Pound Fit 4:15pm - 5pm	Circuit Training 4:30pm - 5:15pm	Intervalocity 4:30pm - 5:15pm	Circuit Training 4:30pm - 5:15pm	Spinning 4:15pm - 5pm		
	Monday Movers 4:30pm - 5pm						
	HIIT 4:30pm - 5:15pm						
5pm	Total Body Cardio 5:30pm - 6:15pm	Spinning 5:30pm - 6:15pm	Little Ninja's 5pm - 5:45pm	Kids Circuit 5:30pm - 6:15pm	HIIT 5:15pm - 6pm		
		Zumba 5:30pm - 6:15pm	HIIT 5:30pm - 6:15pm	Spinning 5:30pm - 6:15pm			
6pm	Diabetes Prevention Program - YMCA 6pm - 7pm	Spinning 6:30pm - 7:15pm	Hip Hop Cardio 6:30pm - 7:15pm	Fit in 30 - Lifting Basics with Toby 6pm - 6:30pm	Hip Hop Cardio 6:30pm - 7:15pm		
	Chair Workout 6:30pm - 7pm	Yoga - Multilevel 6:30pm - 7:15pm		Youth Strength Training 6:30pm - 7:15pm			
	Hip Hop Cardio 6:30pm - 7:15pm			Hip Hop Cardio 6:30pm - 7:15pm			
7pm	Yin Yoga 7pm - 7:45pm	HIIT 7:30pm - 8:15pm	Yin Yoga 7pm - 7:45pm	Yoga - Multilevel 7pm - 7:45pm			
			Brazilian Jiu Jitsu 7:30pm - 8:15pm	Circuit Training 7:30pm - 8:15pm			

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