



Holiday 2018
Group Exercise - Offsite Programs @ YMCA of the
Blue Water Area
 December 10th through January 6th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
8am			Yoga - Multilevel - Y Fort Gratiot Melissa S 8:30am - 9:30am				
9am	Enhance Fitness - Mixed Level - St. Clair Patti G 9am - 10am		Enhance Fitness - Mixed Level - St. Clair Patti G 9am - 10am		Zumba - Y Fort Gratiot Sara T 9am - 10am		
	HIIT - Y Fort Gratiot Elizabeth A 9:15am - 10:15am				Enhance Fitness - Mixed Level - St. Clair Patti G 9:30am - 10:30am		
10am	Enhance Fitness - Mixed Level - St. Clair Patti G 10am - 11am		Enhance Fitness - Mixed Level - St. Clair Patti G 10am - 11am		Yoga - Free Flow - Y Fort Gratiot Jenny M 10am - 11am		
1pm	Enhance Fitness - Mixed Level - Y Fort Gratiot Keri S 1pm - 2pm		Enhance Fitness - Mixed Level - Y Fort Gratiot Keri S 1pm - 2pm		Enhance Fitness - Mixed Level - Y Fort Gratiot Keri S 1pm - 2pm		
5pm	Yoga - Multilevel - Y Fort Gratiot Sue F 5:30pm - 6:30pm		Yoga - Multilevel - Y Fort Gratiot Sue F 5:30pm - 6:30pm				

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.

No classes offsite on Monday December 24

HIIT will be only class offered Monday December 31

The YMCA will close starting at noon on Christmas Eve and will be closed Christmas Day and New Year's Day