



Winter I 2019 - updated 1/31/19
 Group Exercise - Offsite Programs @ 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
8am		Kick Boxing - Marysville Viking 8:45am - 9:30am	Yoga - Multilevel - Y Fort Gratiot 8:30am - 9:15am	Kick Boxing - Marysville Viking 8:45am - 9:30am			
9am	Enhance Fitness - Mixed Level - St. Clair 9am - 10am		Enhance Fitness - Mixed Level - St. Clair 9am - 10am		Zumba - Y Fort Gratiot 9am - 9:45am		
	HIIT - Y Fort Gratiot 9:15am - 10am				Enhance Fitness - Mixed Level - St. Clair 9:30am - 10:30am		
10am	Enhance Fitness - Mixed Level - St. Clair 10am - 11am		Enhance Fitness - Mixed Level - St. Clair 10am - 11am		Yoga - Free Flow - Y Fort Gratiot 10am - 10:45am		
1pm	Enhance Fitness - Mixed Level - Y Fort Gratiot 1pm - 2pm		Enhance Fitness - Mixed Level - Y Fort Gratiot 1pm - 2pm		Enhance Fitness - Mixed Level - Y Fort Gratiot 1pm - 2pm		
5pm	Kick Boxing - Marysville Viking 5:15pm - 6pm	Hip Hop Cardio at SC4 5pm - 5:45pm	Yoga - Multilevel - Y Fort Gratiot 5:30pm - 6:15pm	Yoga at SC4 5pm - 5:45pm			
	Yoga - Multilevel - Y Fort Gratiot 5:30pm - 6:15pm						

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.