



Winter I
 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	Boot Camp 5:30am - 6:15am	Fit in 30 - Pull-ups with Tina \$ 5am - 5:30am	Boot Camp 5:30am - 6:15am	Fit in 30 - HIIT with Tina \$ 5:30am - 6am	Boot Camp 5:30am - 6:15am		
		Fit in 30 - Pull-ups with Tina \$ 5:30am - 6am					
6am	Spinning 6am - 6:45am	Kettlebells 6:30am - 7:15am	Spinning 6am - 6:45am	Kettlebells 6:30am - 7:15am	Spinning 6am - 6:45am		
	Yoga - Multilevel 6:30am - 7:15am	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						Spinning 7:15am - 8am	
						Fit in 30 - Total Body with Mary \$ 7:30am - 8am	
8am	Yoga - Multilevel 8am - 8:45am	Pilates 8am - 8:45am	Yoga - Multilevel 8am - 8:45am	Pilates 8am - 8:45am	Yoga - Multilevel 8am - 8:45am	Spinning 8:15am - 9am	
	Core Power 8:15am - 9am		Core Power 8:15am - 9am		Core Power 8:15am - 9am		
					TRX HIIT 8:30am - 9am		
9am	Enhance Fitness - Level 2 9am - 10am	Enhance Fitness - Mixed Level 9am - 10am	Enhance Fitness - Level 2 9am - 10am	Enhance Fitness - Mixed Level 9am - 10am	Enhance Fitness - Level 2 9am - 10am	Enhance Fitness - Mixed Level 9am - 10am	
	Gentle Yoga 9am - 9:45am	Fit in 30 - Member's Choice with Elizabeth \$ 9am - 9:30am	Gentle Yoga 9am - 9:45am	Fit in 30 - Member's Choice with Elizabeth \$ 9am - 9:30am	Step & Strength 9:15am - 10am	Little Ninja's 9:15am - 10am	
	Fit in 30 - Strength & Conditioning - Interm \$ 9am - 10am	Cardio-n-Core 9:15am - 10am	Fit in 30 - Strength & Conditioning - Interm \$ 9am - 10am	Cardio-n-Core 9:15am - 10am		Circuit Training 9:15am - 10am	
	Step & Strength 9:15am - 10am		Step & Strength 9:15am - 10am				
10am	Enhance Fitness - Mixed Level 10am - 11am	Tap Cardio 10:15am - 11am	Enhance Fitness - Mixed Level 10am - 11am	Tap Cardio 10:15am - 11am	Enhance Fitness - Mixed Level 10am - 11am	Little Tumblers 10:15am - 11am	
	Fit in 30 - Strength & Conditioning - Begin \$ 10am - 11am	Brains and Balance Past 60 10:15am - 11:15am	Fit in 30 - Strength & Conditioning - Begin \$ 10am - 11am	Yoga - Multilevel 10:15am - 11am	Aerobics 10:15am - 11am	Cardio-n-Core 10:15am - 11am	
	Aerobics 10:15am - 11am		Aerobics 10:15am - 11am				
	Meditation 10:15am - 11am						

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
11am	Senior Boot Camp 11am - 11:45am	TRX 11:30am - 12pm	Senior Boot Camp 11am - 11:45am	TRX 11:30am - 12pm	Senior Boot Camp 11am - 11:45am	Family Yoga 11:15am - 12pm	
	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	Monday Movers 4:30pm - 5pm	Fit in 30 - Torso Training with Evan \$ 4pm - 4:30pm	Intervalocity 4:30pm - 5:15pm	Circuit Training 4:30pm - 5:15pm	Spinning 4:15pm - 5pm		
	HIIT 4:30pm - 5:15pm	Circuit Training 4:30pm - 5:15pm					
5pm	Pound Fit 5:15pm - 6pm	Fit in 30 - Ski with Elizabeth \$ 5:30pm - 6pm	Little Ninja's 5pm - 5:45pm	Fit in 30 - Basic Upper Body with Toby \$ 5:30pm - 6pm	HIIT 5:15pm - 6pm		
		Zumba 5:30pm - 6:15pm	HIIT 5:30pm - 6:15pm	Kids Circuit 5:30pm - 6:15pm			
		Spinning 5:45pm - 6:30pm		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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