



**Holiday 2018**  
**Group Exercise @ 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
<b>5am</b>	<b>Boot Camp</b> 5:30am - 6:15am	<b>Intensity</b> 5:30am - 6:15am	<b>Boot Camp</b> 5:30am - 6:15am		<b>Boot Camp</b> 5:30am - 6:15am		
<b>6am</b>	<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 - 7:30am						
<b>7am</b>	<b>Yoga - Multilevel</b> 7:45am - 8:45am		<b>Yoga - Multilevel</b> 7:45am - 8:45am		<b>Yoga - Multilevel</b> 7:45am - 8:45am	<b>Spinning</b> 7:15am - 8am	
<b>8am</b>	<b>Core Power</b> 8:15am - 9am	<b>Pilates</b> 8am - 8:45am	<b>Core Power</b> 8:15am - 9am	<b>Pilates</b> 8am - 8:45am	<b>Core Power</b> 8:15am - 9am	<b>Spinning</b> 8:15am - 9am	
					<b>HIIT TRX</b> 8:30am - 9am		
<b>9am</b>	<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 - 10am	<b>Cardio-n-Core</b> 9:15am - 10am	<b>Gentle Yoga</b> 9am - 10am	<b>Cardio-n-Core</b> 9:15am - 10am	<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>Fit in 30 - Strength &amp; Conditioning - Interm \$</b> 9am - 10am			<b>Circuit Training</b> 9:15am - 10am	
	<b>Step &amp; Strength</b> 9:15am - 10am		<b>Step &amp; Strength</b> 9:15am - 10am				
<b>10am</b>	<b>Enhance Fitness - Mixed Level</b> 10am - 11am	<b>Tap Cardio</b> 10:15am - 11am	<b>Enhance Fitness - Mixed Level</b> 10am - 11am	<b>Yoga - Multilevel</b> 10:15am - 11:15am	<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 - Begin \$</b> 10am - 11am	<b>Tap Cardio</b> 10:15am - 11am	<b>Aerobics</b> 10:15am - 11am	<b>Cardio-n-Core</b> 10:15am - 11am	
	<b>Meditation</b> 10:15am - 11:15am		<b>Aerobics</b> 10:15am - 11am				
<b>11am</b>	<b>Enhance Fitness - Level 1</b> 11am - 12pm	<b>TRX</b> 11:30am - 12pm	<b>Enhance Fitness - Level 1</b> 11am - 12pm	<b>TRX</b> 11:30am - 12pm	<b>Enhance Fitness - Level 1</b> 11am - 12pm		
	<b>Senior Boot Camp</b> 11am - 12pm		<b>Senior Boot Camp</b> 11am - 12pm		<b>Senior Boot Camp</b> 11am - 12pm		
<b>12pm</b>	<b>Spinning</b> 12:10pm - 12:40pm	<b>Power Sculpt</b> 12:10pm - 12:40pm	<b>Spinning</b> 12:10pm - 12:40pm	<b>Intensity</b> 12:10pm - 12:40pm	<b>Spinning</b> 12:10pm - 12:40pm	<b>Circuit - Adaptive</b> 12:15pm - 1pm	
<b>1pm</b>						<b>Dance Aerobics - Adaptive</b> 1:15pm - 2pm	<b>Brazilian Jiu Jitsu</b> 1pm - 3pm
<b>4pm</b>	<b>HIIT</b> 4:30pm - 5:15pm	<b>Circuit Training</b> 4:30pm - 5:15pm	<b>Intervalocity</b> 4:30pm - 5:15pm	<b>Circuit Training</b> 4:30pm - 5:15pm	<b>Spinning</b> 4:15pm - 5pm		
<b>5pm</b>	<b>Pound Fit</b> 5:15pm - 6pm	<b>Zumba</b> 5:30pm - 6:15pm	<b>HIIT</b> 5:30pm - 6:30pm	<b>Youth Strength Training</b> 5:30pm - 6pm	<b>HIIT</b> 5:15pm - 6pm		
		<b>Spinning</b> 5:30pm - 6:15pm		<b>Spinning</b> 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.



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	MON	TUE	WED	THU	FRI	SAT	SUN
<b>6pm</b>	<b>Hip Hop Cardio</b> 6:15pm - 7pm	<b>Yoga - Multilevel</b> 6:15pm - 7:15pm	<b>Hip Hop Cardio</b> 6:30pm - 7:15pm	<b>Kids Circuit</b> 6:30pm - 7pm	<b>Hip Hop Cardio</b> 6:30pm - 7:15pm		
	<b>Chair Workout</b> 6:30pm - 7pm	<b>Spinning</b> 6:30pm - 7:15pm					
<b>7pm</b>	<b>Yin Yoga</b> 7pm - 8pm		<b>Yin Yoga</b> 7pm - 8pm	<b>Yoga - Multilevel</b> 7pm - 8pm			
				<b>Hip Hop Cardio</b> 7:15pm - 8pm			

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.

There will be no Enhance Fitness Classes on:

- Monday, December 24
- Tuesday, December 25
- Wednesday, December 26
- Monday, December 31
- Tuesday, January 1

YMCA will be closed starting noon Monday, December 24, and all day Christmas Day and New Year's Day