



Holiday 2018
Gym - East @ 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
5am	Boot Camp 5:30am - 6:15am	Open Gym 5am - 7:30am	Boot Camp 5:30am - 6:15am	Open Gym 5am - 7:30am	Boot Camp 5:30am - 6:15am		
6am	Open Gym 6:30am - 8:30am		Open Gym 6:30am - 8:30am		Open Gym 6:30am - 8:30am		
7am		Pickleball 7:30am - 10:30am		Pickleball 7:30am - 10:30am			
8am	Gym Walk 8:30am - 9am		Gym Walk 8:30am - 9am		Gym Walk 8:30am - 9am		
9am	Enhance Fitness - Level 2 9am - 10am		Enhance Fitness - Level 2 9am - 10am		Enhance Fitness - Level 2 9am - 10am		
10am	Enhance Fitness - Mixed Level 10am - 11am	Open Gym 10:30am - 11am	Enhance Fitness - Mixed Level 10am - 11am	Open Gym 10:30am - 11am	Enhance Fitness - Mixed Level 10am - 11am		
11am	Warm World 11am - 12:15pm	Warm World 11am - 12:15pm	Warm World 11am - 12:15pm	Warm World 11am - 12:15pm	Warm World 11am - 12:15pm		
12pm	Adult Basketball 12:15pm - 3pm	Pickleball 12:15pm - 2:15pm	Adult Basketball 12:15pm - 3pm	Home School Gym 12:15pm - 1:15pm	Adult Basketball 12:15pm - 3pm		
1pm				Pickleball 1:15pm - 3:15pm			
2pm		Open Gym 2:15pm - 3:15pm					
3pm	Warm World 3:15pm - 4:15pm	Warm World 3:15pm - 4:15pm	Warm World 3:15pm - 4:15pm	Warm World 3:15pm - 4:15pm	Warm World 3:15pm - 4:15pm	Open Gym 3pm - 8pm	
4pm	Open Gym 4:15pm - 9pm	Open Gym 4:15pm - 9pm	Open Gym 4:15pm - 9pm		Open Gym 4:15pm - 9pm		

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

The YMCA will be closed starting at noon on December 24th, and all day for Christmas Day and New Year's Day.



Holiday 2018
Gym - West @ 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
5am	Boot Camp 5:30am - 6:15am	Open Gym 5am - 7:30am	Boot Camp 5:30am - 6:15am	Open Gym 5am - 7:30am	Boot Camp 5:30am - 6:15am		
6am	Open Gym 6:30am - 8:30am		Open Gym 6:30am - 8:30am		Open Gym 6:30am - 8:30am		
7am		Pickleball 7:30am - 10:30am		Pickleball 7:30am - 10:30am		Open Gym 7am - 9am	
8am	Gym Walk 8:30am - 9am		Gym Walk 8:30am - 9am		Gym Walk 8:30am - 9am		
9am	Enhance Fitness - Level 2 9am - 10am		Enhance Fitness - Level 2 9am - 10am		Enhance Fitness - Level 2 9am - 10am	Little Ninja's 9:15am - 10am	
10am	Enhance Fitness - Mixed Level 10am - 11am	Open Gym 10:30am - 12pm	Enhance Fitness - Mixed Level 10am - 11am	Open Gym 10:30am - 12pm	Enhance Fitness - Mixed Level 10am - 11am	Open Gym 10am - 3pm	
11am	Senior Boot Camp 11am - 12pm		Senior Boot Camp 11am - 12pm		Senior Boot Camp 11am - 12pm		
12pm	Adult Basketball 12:15pm - 3pm	Pickleball 12:15pm - 2:15pm	Adult Basketball 12:15pm - 3pm		Adult Basketball 12:15pm - 3pm		
1pm				Pickleball 1:15pm - 3:15pm			
2pm		Open Gym 2:15pm - 5:30pm					
3pm	Open Gym 3pm - 9pm		Open Gym 3pm - 5:30pm	Open Gym 3:15pm - 5pm	Open Gym 3pm - 9pm	Open Gym 3pm - 8pm	
5pm		Spinning 5:30pm - 6:15pm	Sports of All Sorts 5:30pm - 6:15pm	Family Gym 5pm - 7pm			
6pm		Open Gym 6:30pm - 9pm	Open Gym 6:15pm - 9pm				
7pm				Pickleball 7pm - 8pm			
8pm				Open Gym 8pm - 9pm			

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

The YMCA will be closed starting at noon on December 24th, and all day for Christmas Day and New Year's Day.