



Offsite - McLaren Stage at McMorran Place @
 YMCA of the Blue Water Area
 June 20th - September 4th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
6am	Boot Camp 6am - 6:45am	Yoga 6am - 6:45am	Boot Camp 6am - 6:45am	Yo "Latte" 6am - 6:45am	Boot Camp 6am - 6:45am		
8am		Pilates 8am - 8:45am		Butts and Guts 8am - 8:45am	Cardio & Core Workout 8am - 8:45am	Yoga 8am - 8:45am	
9am	Butts and Guts 9am - 9:45am	Golden Fitness 9am - 9:45am	Chisel & Burn 9am - 9:45am	Golden Fitness 9am - 9:45am	Yoga 9am - 9:45am	Boot Camp 9am - 9:45am	
12pm	Boot Camp Circuit 12pm - 1pm		Boot Camp Circuit 12pm - 1pm				
5pm	Ultimate Cardio Jam 5:30pm - 6:15pm	No Limits Fitness 5:30pm - 6:15pm	Dance 5:30pm - 6:15pm	Y on the Fly 5:30pm - 6:15pm			
		Y on the Fly 5:30pm - 6:15pm		Burn & Brew 5:30pm - 6:15pm			
6pm	Kickboxing 6:30pm - 7:15pm	Yoga 6:30pm - 7:15pm	Qi Gong 6:30pm - 7:15pm				
	Y on the Fly 6:30pm - 7:15pm						

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.