



Fall 1
Group Exercise - LIVE @ YMCA of the Blue Water Area
 September 5th - October 31st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Boot Camp 5:30am - 6:15am		Boot Camp 5:30am - 6:15am		Boot Camp 5:30am - 6:15am		
6am		Pickleball 6:45am - 9:45am		Pickleball 6:45am - 9:45am			
8am	Fit in 30 Small Group - \$ 8:15am - 8:45am	Pilates 8am - 8:45am	Fit in 30 Small Group - \$ 8:15am - 8:45am	Pilates 8am - 8:45am	Cardio & Core Workout 8:15am - 9am	High Intensity Training 8:15am - 9am	
	Cardio & Core Workout 8:15am - 9am	Fit in 30 Small Group - \$ 8:30am - 9am	Cardio & Core Workout 8:15am - 9am	Fit in 30 Small Group - \$ 8:30am - 9am			
9am	Yoga 9:15am - 10am	Water Aerobics 9am - 9:45am	Yoga 9:15am - 10am	Water Aerobics 9am - 9:45am	Yoga 9:15am - 10am	Low Intensity Training 9:15am - 10am	
	Enhance Fitness - Level 1 9:15am - 10am	Crush It 9:15am - 10am	Enhance Fitness - Level 1 9:15am - 10am	Crush It 9:15am - 10am	Enhance Fitness - Level 1 9:15am - 10am		
10am	Meditation 10:15am - 11am	Water Aerobics 10am - 10:45am	Qi Gong 10:15am - 11am	Water Aerobics 10am - 10:45am	Qi Gong 10:15am - 11am		
	Dance Aerobics 10:15am - 11am		Water Aerobics 10:15am - 11am		Dance Aerobics 10:15am - 11am		
	Water Aerobics 10:15am - 11am				Water Aerobics 10:15am - 11am		
11am	Water Aerobics 11am - 11:45am	Water Aerobics 11am - 11:45am	Water Aerobics 11am - 11:45am	Water Aerobics 11am - 11:45am	Water Aerobics 11am - 11:45am		
	Pickleball 11:45am - 1:45pm		Pickleball 11:45am - 1:45pm		Pickleball 11:45am - 1:45pm		
5pm	Hip Hop Cardio 5:30pm - 6:15pm	Spinning 5:15pm - 6pm	Intervalocity (Spin & Tone) 5:15pm - 6pm	Spinning 5:15pm - 6pm			
				Hip Hop Cardio 5:30pm - 6:15pm			
6pm	Couch to 5k 6pm - 7pm	Strength & Conditioning 6:15pm - 7pm	Couch to 5k 6pm - 7pm	Yoga 6:15pm - 7pm	Couch to 5k 6pm - 7pm		

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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9am	Enhance Fitness - Level 1 9:15am - 10am	Enhance Fitness - Level 1 9:15am - 10am	Enhance Fitness - Level 1 9:15am - 10am	Enhance Fitness - Level 1 9:15am - 10am	Enhance Fitness - Level 1 9:15am - 10am		
	Yoga 9:15am - 10am		Yoga 9:15am - 10am		Yoga 9:15am - 10am		
6pm				Yoga 6:15pm - 7pm			

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