



Fall 1  
 Gym - East @ 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
6am		<b>Pickleball</b> 6:45am - 9:45am		<b>Pickleball</b> 6:45am - 9:45am			
8am						<b>Open Gym</b> 8am - 12pm	
9am	<b>Enhance Fitness - Level 1</b> 9:15am - 10am	<b>Open Gym</b> 9:45am - 5:30pm	<b>Enhance Fitness - Level 1</b> 9:15am - 10am	<b>Open Gym</b> 9:45am - 12:15pm	<b>Enhance Fitness - Level 1</b> 9:15am - 10am		
10am	<b>Open Gym</b> 10am - 11:45am		<b>Open Gym</b> 10am - 11:45am		<b>Open Gym</b> 10am - 11:45am		
11am	<b>Pickleball</b> 11:45am - 1:45pm		<b>Pickleball</b> 11:45am - 1:45pm		<b>Pickleball</b> 11:45am - 1:45pm		
12pm				<b>Home School Gym &amp; Swim \$</b> 12:15pm - 2:15pm			
1pm	<b>Open Gym</b> 1:45pm - 5:15pm		<b>Open Gym</b> 1:45pm - 5:15pm		<b>Open Gym</b> 1:45pm - 7pm		
2pm				<b>Open Gym</b> 2:15pm - 7pm			
5pm	<b>Little Sporters</b> 5:15pm - 6pm						
6pm	<b>Open Gym</b> 6pm - 7pm	<b>Open Gym</b> 6:15pm - 7pm	<b>Open Gym</b> 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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6am		<b>Pickleball</b> 6:45am - 9:45am		<b>Pickleball</b> 6:45am - 9:45am			
8am	<b>Cardio &amp; Core Workout</b> 8:15am - 9am		<b>Cardio &amp; Core Workout</b> 8:15am - 9am		<b>Cardio &amp; Core Workout</b> 8:15am - 9am	<b>Y on the Fly (Sports Sampling)</b> 8:45am - 10:45am	
9am	<b>Open Gym</b> 9am - 11:30am	<b>Open Gym</b> 9:45am - 5:30pm	<b>Open Gym</b> 9am - 11:30am	<b>Open Gym</b> 9:45am - 7pm	<b>Open Gym</b> 9am - 11:30am		
10am						<b>Open Gym</b> 10:45am - 12pm	
11am	<b>Pickleball</b> 11:45am - 1:45pm		<b>Pickleball</b> 11:45am - 1:45pm		<b>Pickleball</b> 11:45am - 1:45pm		
1pm	<b>Open Gym</b> 1:45pm - 5:15pm				<b>Open Gym</b> 1:45pm - 7pm		
5pm	<b>Y Sports</b> 5:15pm - 6pm	<b>Youth Dodge Ball Club \$</b> 5:30pm - 6:15pm	<b>Intervalocity (Spin &amp; Tone)</b> 5:15pm - 6pm				
6pm	<b>Open Gym</b> 6pm - 7pm	<b>Open Gym</b> 6:15pm - 7pm	<b>Open Gym</b> 6:15pm - 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.