



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**STRENGTH
INSPIRATION
MOTIVATION**

100

Percent of our programs benefit our community and focus on our commitment to making the Blue Water Area healthier.



FOCUS ON FITNESS A CLASS FOR EVERY LIFESTYLE

Health Seekers

Health Seekers are individuals who desire to be active and healthy but have faced obstacles that have caused them to start and stop the process and, therefore, have been unable to sustain a commitment to healthy living. A Health Seeker is anyone searching for ways to succeed. At the Y we support Health Seekers and offer options to help you achieve a healthier lifestyle.

Staying Healthy

You know the importance of exercise and that you feel better when you maintain a regular routine. Let us help you stay on track with our broad range of exercise classes and opportunities. Try something new to keep your commitment to a healthy lifestyle fun and interesting.

Your Healthiest You

You don't just workout; you push yourself to get stronger, go faster and gain stamina. You accept challenges and tackle obstacles. Let the YMCA Instructors inspire and motivate you to raise the bar and achieve higher goals.



For more information, contact Jenny McElwain, Healthy Living Program Director at (810) 987-6400 ext. 117 or jmcelwain@bluwaterymca.com.

GROUP EXERCISE

WATER: Water aerobics provides you with cardio benefits & strength-resistance training, all while being gentle on your joints. Pick a class and try it today!

AQUA PULSE

Achieve a total body workout moving weights and noodles through the water's resistance. Aqua Pulse is a high energy class done in both deep and shallow ends of the pool, but exercises can be modified.

ARTHRITIS AQUATICS 1

Enjoy movement through each joint and muscle group with the natural support provided by the water. The water setting is ideal for creating a low impact workout while still being aerobic exercise-perfect for those who need to pay special attention to joint health. No equipment is used.

ARTHRITIS AQUATICS 2

Are you ready to progress from Arthritis Aquatics 1? Challenge yourself to take it to the next level and continue to make fitness gains using resistance training equipment.

CURRENT WALK

Lazy River Current Walk is everything but lazy! Enjoy strength exercises as you walk or jog through the resistance of the current in the lazy river. Join your friends at the Y for a great lower-body/aerobic workout. Water shoes are recommended.

BODY, MIND & SOUL: At the Y, we offer classes designed to guide you towards a greater sense of balance, core strength and positive thoughts. We nurture the beginner as well as the more experienced yogi as we all seek to develop a better connection to ourselves and our community. Come join in the journey to better health & wellness.

FREE FLOW YOGA - FG

Different each week, but always a little challenging and a lot of fun! Posture and form is always encouraged while finding balance between strength and flexibility.

MEDITATION

Do you strive for a positive lifestyle but struggle with negative self-talk? Are you looking for ways to manage stress and clear your mind? Meditation class might be the right choice for you! Class combines different forms of mindful breathing, meditation, and centering to help bring you to a place of peace and ease.

PILATES - A

Pilates is a series of exercises that engage the mind and condition the body. A blend of core strength and flexibility training improves posture & balance and creates long, lean muscles that are strong from within.

YOGA - MULTILEVEL - FG

Find your inner strength, deepen your breath, link your mind and body. Strength and flexibility are not required- they will be increased through regular attendance.

H2O FLOW

Work out in the pool, where exercise takes a lesser toll on your body's joints due to the buoyancy of the water. Class format follows a traditional exercise routine: warm up, cardio, toning, balance & flexibility training.

POWER SPLASH

Power it up a few levels from Silver Splash and try Power Splash. This is a high intensity level class that incorporates exercises performed along the pool wall.

SILVER SPLASH - A

If being in the water is where you and exercise like to be, try Silver Splash. This moderate intensity level class uses long levers, big body movements that will give you a feel good, total body workout and increase flexibility while staying healthy and becoming more fit.



YOGA - POWER - SC4

This is a fast flowing yoga class with emphasis on strength building poses.

YIN - YOGA

Yin Yoga focuses on the connective tissues of the body through postures that are held in stillness and mindful awareness for several minutes at a time. Yin Yoga addresses tightness and toxin buildup in the joints with poses that are equally challenging for the mind and body. Discover a greater sense of balance, peace and true flexibility. This is an all levels class, appropriate for beginners and advanced.

YOGA - GENTLE - SC4, A

A beginner's level yoga class structured around rejuvenating and healing the body. Basic poses will be taught at a slow pace for all levels of students. Excellent for those working with injury, illness, or chronic pain; or seeking a gentler class than all levels; or anyone needing a space to restore and relax. As in all classes, modifications will be made as needed for each student so that everyone, regardless of age or physical ability, will feel the benefits that yoga has to offer.

GROUP EXERCISE

LAND: Land group exercise programs can allow you to relax your mind, challenge your body, or reconnect and recharge! We promise to help support you through every stage of life, regardless of age, physical ability, size or shape.

AEROBICS

Rhythmic aerobic exercise with the goal of improving all elements of fitness, cardio, strength and flexibility.

BALLET SCULPT – SC4

Build muscular endurance through ballet-inspired moves that strengthen and lengthen muscles.

BOOT CAMP – SC4

Be a part of something truly amazing- Come to Boot Camp AM and let Tina motivate you to find your inner athlete. Focus on speed, strength and endurance through drills and team building exercises.

BRAINS AND BALANCE PAST 60® – A

Our "Brains and Balance Past 60" program is designed for the unique needs of active older adults who know the importance of staying mentally sharp and physically stable.

BRAZILIAN JIU- JITSU

Brazilian Jiu-Jitsu is a martial art and self-defense system that concentrates on grappling and ground fighting. BJJ stresses leverage and techniques so that a smaller person can fend off or learn to control and submit a larger opponent by employing the techniques learned in training. To become proficient in the art, instruction, drilling, and partner practice (also known as "rolling") are crucial to ingrain the details of BJJ so that they become second nature for practitioners.

CARDIO-N-CORE

Let the music move you! This super fun, high energy cardio & toning class that embraces all fitness levels with big body moves designed to increase your cardio endurance level, strengthen core and develop greater balance.

CIRCUIT TRAINING

Your workout, your station, your circuit training! Move from one station to the next, while you move through every muscle group in your body. The circuit will change, but the motivation and direction will always be there.

CORE POWER – M, SC4

Train to be stronger, tougher and more powerful! Believe in your ability to reach your goals! Core Power Class promises to support you from where you are now to a higher level of inner & outer strength. You'll be motivated to work hard, keep your heart rate up & your body moving the whole time.

ENHANCE@FITNESS – FG, FM, A

Enhance@Fitness is an evidence-based, group exercise program designed to help older adults, of all fitness levels, become more active and energized so they can lead independent lives. Each class session includes cardiovascular, strength training, balance and flexibility exercises and fosters a strong social relationships between participants. Enhance@Fitness is geared toward older adults, with a variety of levels available.

HIP HOP CARDIO – SC4

Get your dance on and sweat out your stress to today's top pop and hip hop music. The lights are turned down low, but the music is turned up high. From teens to seniors, all ages belong where it's fun to get fit.

HIIT – FG, SC4

Rev it up, recover, repeat. That's High Intensity Interval Training. Expect to be encouraged to push yourself towards serious strength gains as you move through "work" and then "rest" intervals. This is an intense class, but you will leave the room feeling successful regardless of your fitness level!

HIIT – TRX

TRX meets HIIT cardio intervals. Raise your heartrate in this total body workout. (Class meets in the Duffy Wellness Center)

INTENSITY

Intensity is the key to blasting calories. This class will consist of power & strength using equipment and body weight in 30 minutes. (HIGH INTENSITY FORMAT)

INTERVALCITY

Mix it up with a class that offers intervals of spinning with strength training. Accomplish both cardio & resistance workouts in one session.

KETTLEBELL WORKOUT

Kettlebells are an ancient training tool that have quickly become the strength tool of choice for athletes and trainers. Reap muscular strength, endurance and cardiovascular benefits with this full body workout and be challenged by endless combinations of fast paced moves.



GROUP EXERCISE

KICKBOXING - M

A moderate to high intensity level class using arm & leg movements without kick bags. Impact level is moderate to low. Class is easily adaptable to all levels.

PICKLEBALL - A

This net court game is a combination of tennis, badminton and paddleball. The game places emphasis on coordination, control, patience and strategy rather than strength or speed. It is easy to learn and helps eye-hand coordination. This game is very popular in Florida and Arizona and is rapidly growing across the country!

POUND FIT

Find your rhythm with Pound Fit, a full-body cardio/jam / exercise session that combines light resistance with constant drumming. An overall fun and feel good workout! This is a great class for families!

POWER SCULPT

This 30-minute class will relieve stress, tone muscles and keep you in shape. Classes will consist of 15 minutes of abdominal exercises followed by 15 minutes of upper body or 15 minutes of lower body.

SENIOR BOOT CAMP

Senior Boot Camp is designed for those looking for a new total body workout that includes cardio, strength, and resistance training. This class offers a low-moderate level of cardio and strength training exercises utilizing resistance bands, light weights, stability balls and body weight exercises. Variations and modifications to the exercise will be offered to accommodate everyone's fitness abilities. This is a great workout designed for those over the age of 55.

THE Y - WHERE YOU ARE!

Additional classes are held throughout the county at the following locations :

FG - FORT GRATIOT: Classes are offered at Lake Huron Medical Center North, 4190 24th Avenue in Fort Gratiot.

FM- ST. CLAIR: Classes are offered at First United Methodist Church, 415 N. 3rd St. St. Clair, MI 48079

M- MARYSVILLE: Classes are offered at Viking Fitness Centers Marysville, 782 Huron Blvd., Suite 5, Marysville, MI 48040.

SC4- SC4: Classes are offered on the SC4 campus in the Fieldhouse and Clara E. Mackenzie Building.

A - Indicates classes suggested for the Active Older Adult audience.

STEP-N-STRENGTH

Step UP and step INTO a high energy step class with intervals of core & strength training. Every journey starts with the first step.

SPINNING®

Spinning offers non-impact cardiovascular workout. Experience fun music and motivating coaching to lead you up hills, across flat roads, and pushing through sprints. Participants manage their own resistance levels to accommodate individual fitness levels and abilities. Our certified instructors will provide cues for you to ride with confidence, great form and core stability enabling you to increase overall endurance.

TAP CARDIO - A

Come make music with your feet! This basic, beginner level tap dance class is for anyone who's ever wanted to learn to tap dance, or who wants to revisit the joy of tap dancing that you experienced in the past.

TOTAL BODY CARDIO

This calorie burning, fun and energizing class is 45 minutes of cardio. A great way to have fun while working out!

TRX® SUSPENSION TRAINING

Looking for something New? Born in the U.S. Navy SEALs and developed by Fitness Anywhere®, Suspension training® is a revolutionary method of using your own bodyweight for resistance. Learn how to safely perform hundreds of exercises that build power, strength, flexibility, balance, and mobility.

ZUMBA - FG

Zumba combines dance and fitness moves. Inspired by Latin dance and music, Zumba uses a variety of styles, including cumbia, merengue, salsa, mambo, and hip hop.

ELECTRONIC CHECK-IN, SCHEDULES, ONLINE REGISTRATION - THERE'S AN APP FOR THAT!

Download the app through the Apple Store or Google Play Store by searching "YMCA of the Blue Water Area." It's free and it gives you the most up-to-date information about what is happening at the Y!



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