



**Winter I**  
**Group Exercise - LIVE @ YMCA of the Blue Water**  
**Area**  
 January 1st - February 27th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>5am</b>	<b>Boot Camp</b> 5:30am - 6:15am		<b>Boot Camp</b> 5:30am - 6:15am		<b>Boot Camp</b> 5:30am - 6:15am		
<b>6am</b>		<b>Pickleball</b> 6:45am - 8:45am		<b>Pickleball</b> 6:45am - 8:45am			
<b>8am</b>	<b>Cardio &amp; Core Workout</b> 8:15am - 9am	<b>Pilates</b> 8am - 8:45am	<b>Cardio &amp; Core Workout</b> 8:15am - 9am	<b>Pilates</b> 8am - 8:45am	<b>Cardio &amp; Core Workout</b> 8:15am - 9am	<b>Spinning</b> 8am - 9am	
		<b>Smash HIIT</b> 8:15am - 9am					
<b>9am</b>	<b>Enhance Fitness - Level 1</b> 9:15am - 10am	<b>Water Aerobics</b> 9am - 9:45am	<b>Enhance Fitness - Level 1</b> 9:15am - 10am	<b>Water Aerobics</b> 9am - 9:45am	<b>Enhance Fitness - Level 1</b> 9:15am - 10am	<b>Instructor Choice</b> 9am - 9:45am	
	<b>Yoga</b> 9:15am - 10am	<b>Crush It</b> 9:15am - 10am	<b>Yoga</b> 9:15am - 10am	<b>Crush It</b> 9:15am - 10am	<b>Yoga</b> 9:15am - 10am		
			<b>Cardio Tap Dance</b> 9:15am - 10am				
<b>10am</b>	<b>Water Aerobics</b> 10:15am - 11am	<b>Water Aerobics</b> 10am - 10:45am	<b>Water Aerobics</b> 10:15am - 11am	<b>Water Aerobics</b> 10am - 10:45am	<b>Water Aerobics</b> 10:15am - 11am		
	<b>Senior Boot Camp</b> 10:15am - 11am		<b>Senior Boot Camp</b> 10:15am - 11am		<b>Senior Boot Camp</b> 10:15am - 11am		
	<b>Dance Aerobics</b> 10:15am - 11am				<b>Dance Aerobics</b> 10:15am - 11am		
<b>11am</b>	<b>Water Aerobics</b> 11am - 11:45am	<b>Water Aerobics</b> 11am - 11:45am	<b>Water Aerobics</b> 11am - 11:45am	<b>Water Aerobics</b> 11am - 11:45am	<b>Water Aerobics</b> 11:15am - 12pm		
<b>12pm</b>	<b>Pickleball</b> 12pm - 2pm		<b>Pickleball</b> 12pm - 2pm		<b>Pickleball</b> 12pm - 2pm		
	<b>Spinning</b> 12:15pm - 12:45pm						
<b>5pm</b>	<b>Ultimate Cardio Jam (Hip Hop Cardio)</b> 5:30pm - 6:15pm	<b>Spinning</b> 5:15pm - 6pm	<b>Intervalocity (Spin &amp; Tone)</b> 5:15pm - 6pm	<b>Ultimate Cardio Jam (Hip Hop Cardio)</b> 5:30pm - 6:15pm			
<b>6pm</b>	<b>ROCK Solid</b> 6:30pm - 7:15pm	<b>No Limits Fitness</b> 6:15pm - 7pm	<b>Qi Gong</b> 6pm - 6:45pm	<b>Yoga</b> 6:30pm - 7:30pm			
				<b>Spinning</b> 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.



**Winter I**  
**Group Exercise - VIRTUAL @ YMCA of the Blue**  
**Water Area**  
 January 1st - February 27th

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	MON	TUE	WED	THU	FRI	SAT	SUN
<b>5am</b>	<b>Boot Camp</b> 5:30am - 6:15am		<b>Boot Camp</b> 5:30am - 6:15am		<b>Boot Camp</b> 5:30am - 6:15am		
<b>8am</b>	<b>Cardio &amp; Core Workout</b> 8:15am - 9am	<b>Pilates</b> 8am - 8:45am	<b>Cardio &amp; Core Workout</b> 8:15am - 9am	<b>Pilates</b> 8am - 8:45am	<b>Cardio &amp; Core Workout</b> 8:15am - 9am		
<b>9am</b>	<b>Enhance Fitness - Level 1</b> 9:15am - 10am	<b>Enhance Fitness - Level 1</b> 9:15am - 10am	<b>Enhance Fitness - Level 1</b> 9:15am - 10am	<b>Enhance Fitness - Level 1</b> 9:15am - 10am	<b>Enhance Fitness - Level 1</b> 9:15am - 10am		
	<b>Yoga</b> 9:15am - 10am		<b>Yoga</b> 9:15am - 10am		<b>Yoga</b> 9:15am - 10am		
<b>6pm</b>				<b>Yoga</b> 6:30pm - 7:30pm			

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