



Spring 2019  
 Gym - West @ YMCA of the Blue Water Area  
 April 29th - June 23rd

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<b>Boot Camp</b> 5:30am - 6:15am		<b>Boot Camp</b> 5:30am - 6:15am		<b>Boot Camp</b> 5:30am - 6:15am		
7am						<b>Open Gym</b> 7am - 8pm	
8am	<b>Gym Walk</b> 8:30am - 9am	<b>Pickleball</b> 8am - 11am	<b>Gym Walk</b> 8:30am - 9am	<b>Pickleball</b> 8am - 11am	<b>Gym Walk</b> 8:30am - 9am		
9am	<b>Enhance Fitness - Level 2</b> 9am - 10am		<b>Enhance Fitness - Level 2</b> 9am - 10am		<b>Enhance Fitness - Level 2</b> 9am - 10am		
10am	<b>Enhance Fitness - Mixed Level</b> 10am - 11am		<b>Enhance Fitness - Mixed Level</b> 10am - 11am		<b>Enhance Fitness - Mixed Level</b> 10am - 11am		<b>Open Gym</b> 10am - 5pm
11am	<b>Senior Boot Camp</b> 11am - 11:45am		<b>Senior Boot Camp</b> 11am - 11:45am	<b>Open Gym</b> 11am - 12:15pm	<b>Senior Boot Camp</b> 11am - 11:45am		
12pm	<b>Adult Basketball</b> 12:15pm - 3pm	<b>Pickleball</b> 12:15pm - 2:15pm	<b>Adult Basketball</b> 12:15pm - 3pm	<b>Home School Gym</b> 12:15pm - 1:15pm	<b>Adult Basketball</b> 12:15pm - 3pm		
1pm				<b>Pickleball</b> 1:15pm - 3:15pm			
2pm		<b>Open Gym</b> 2:15pm - 5:30pm					
3pm	<b>Open Gym</b> 3pm - 9pm		<b>Open Gym</b> 3pm - 9pm	<b>Open Gym</b> 3:15pm - 6:45pm	<b>Open Gym</b> 3pm - 9pm		
5pm		<b>Spinning</b> 5:30pm - 6:15pm					
6pm		<b>Open Gym</b> 6:30pm - 9pm					
7pm				<b>Pickleball</b> 7pm - 9pm			

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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	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<b>Boot Camp</b> 5:30am - 6:15am	<b>Open Gym</b> 5am - 8am	<b>Boot Camp</b> 5:30am - 6:15am	<b>Open Gym</b> 5am - 8am	<b>Boot Camp</b> 5:30am - 6:15am		
6am	<b>Open Gym</b> 6:15am - 8:30am		<b>Open Gym</b> 6:15am - 8:30am		<b>Open Gym</b> 6:15am - 8:30am		
7am						<b>Open Gym</b> 7am - 9am	
8am	<b>Gym Walk</b> 8:30am - 9am	<b>Pickleball</b> 8am - 11am	<b>Gym Walk</b> 8:30am - 9am	<b>Pickleball</b> 8am - 11am	<b>Gym Walk</b> 8:30am - 9am		
9am	<b>Enhance Fitness - Level 2</b> 9am - 10am		<b>Enhance Fitness - Level 2</b> 9am - 10am		<b>Enhance Fitness - Level 2</b> 9am - 10am	<b>Little Ninja's</b> 9:15am - 10am	
10am	<b>Enhance Fitness - Mixed Level</b> 10am - 11am		<b>Enhance Fitness - Mixed Level</b> 10am - 11am		<b>Enhance Fitness - Mixed Level</b> 10am - 11am	<b>Little Tumblers</b> 10:15am - 11am	<b>Open Gym</b> 10am - 5pm
11am	<b>Warm World</b> 11am - 12:15pm	<b>Warm World</b> 11am - 12:15pm	<b>Warm World</b> 11am - 12:15pm	<b>Warm World</b> 11am - 12:15pm	<b>Warm World</b> 11am - 12:15pm	<b>Family Yoga</b> 11:15am - 12pm	
12pm	<b>Adult Basketball</b> 12:15pm - 3pm	<b>Pickleball</b> 12:15pm - 2:15pm	<b>Adult Basketball</b> 12:15pm - 3pm	<b>Home School Gym</b> 12:15pm - 1:15pm	<b>Adult Basketball</b> 12:15pm - 3pm	<b>Open Gym</b> 12pm - 9pm	
1pm				<b>Pickleball</b> 1:15pm - 3:15pm			
2pm		<b>Open Gym</b> 2:15pm - 3:15pm					
3pm	<b>Warm World</b> 3:15pm - 4:15pm	<b>Warm World</b> 3:15pm - 4:15pm	<b>Warm World</b> 3:15pm - 4:15pm	<b>Warm World</b> 3:15pm - 4:15pm	<b>Warm World</b> 3:15pm - 4:15pm		
	<b>Open Gym</b> 3:15pm - 9pm						
4pm		<b>Open Gym</b> 4:15pm - 9pm	<b>Open Gym</b> 4:15pm - 9pm	<b>Open Gym</b> 4:15pm - 5:30pm	<b>Open Gym</b> 4:15pm - 9pm		
5pm				<b>Kids Circuit</b> 5:30pm - 6:15pm			
6pm				<b>Youth Strength Training</b> 6:30pm - 7pm			
7pm				<b>Pickleball</b> 7:15pm - 9pm			

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