



Gym - East @ YMCA of the Blue Water Area  
June 20th - September 4th

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				
9am	<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		
10am	<b>Youth Basketball Camp - Ages 4-6 \$</b> 10:30am - 11:30am		<b>Youth Soccer Camp - Ages 4-6 \$</b> 10:30am - 11:30am				
12pm				<b>Pickleball</b> 12pm - 2pm	<b>Pickleball</b> 12pm - 2pm		
1pm	<b>Pickleball</b> 1:30pm - 3:30pm		<b>Pickleball</b> 1:30pm - 3:30pm				
2pm	<b>Basics of Gymnastics Camp (July 25th - 28th)</b> 2pm - 3:30pm	<b>Basics of Gymnastics Camp (July 25th - 28th)</b> 2pm - 3:30pm	<b>Basics of Gymnastics Camp (July 25th - 28th)</b> 2pm - 3:30pm	<b>Basics of Gymnastics Camp (July 25th - 28th)</b> 2pm - 3:30pm	<b>Basics of Gymnastics Camp (July 25th - 28th)</b> 2pm - 3:30pm		
6pm	<b>The Athletic Factory Basketball League</b> 6:30pm - 8pm		<b>The Athletic Factory Basketball League</b> 6:30pm - 8pm				

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				
8am	<b>Cardio &amp; Core Workout</b> 8:15am - 9am		<b>Cardio &amp; Core Workout</b> 8:15am - 9am				
9am	<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		
10am	<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>Youth Basketball Camp - Ages 4-6 \$</b> 10:30am - 11:30am						
12pm	<b>Youth Basketball Camp - Ages 7-12 \$</b> 12pm - 1:30pm		<b>Youth Soccer Camp - Ages 7-11 \$</b> 12pm - 1:30pm	<b>Pickleball</b> 12pm - 2pm	<b>Pickleball</b> 12pm - 2pm		
1pm	<b>Pickleball</b> 1:30pm - 3:30pm		<b>Pickleball</b> 1:30pm - 3:30pm				
2pm		<b>Youth Volleyball Camp - Ages 5-11 \$</b> 2:30pm - 3:30pm					
4pm		<b>Youth Volleyball Camp - Ages 11-16 \$</b> 4:30pm - 6pm					
6pm	<b>The Athletic Factory Basketball League</b> 6:30pm - 8pm		<b>The Athletic Factory Basketball League</b> 6:30pm - 8pm				

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