



**WII - 2019**  
**Group Exercise - Offsite Programs @ YMCA of the**  
**Blue Water Area**  
**March 4th - April 28th**

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

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>8am</b>		<b>Kick Boxing - Marysville Viking</b> 8:45am - 9:30am	<b>Yoga - Multilevel - Y Fort Gratiot</b> 8:30am - 9:15am	<b>Kick Boxing - Marysville Viking</b> 8:45am - 9:30am			
<b>9am</b>	<b>Enhance Fitness - Mixed Level - St. Clair</b> 9am - 10am		<b>Enhance Fitness - Mixed Level - St. Clair</b> 9am - 10am		<b>Zumba - Y Fort Gratiot</b> 9am - 9:45am		
	<b>HIIT - Y Fort Gratiot</b> 9:15am - 10am				<b>Enhance Fitness - Mixed Level - St. Clair</b> 9:30am - 10:30am		
<b>10am</b>	<b>Enhance Fitness - Mixed Level - St. Clair</b> 10am - 11am		<b>Enhance Fitness - Mixed Level - St. Clair</b> 10am - 11am		<b>Yoga - Free Flow - Y Fort Gratiot</b> 10am - 10:45am		
<b>1pm</b>	<b>Enhance Fitness - Mixed Level - Y Fort Gratiot</b> 1pm - 2pm		<b>Enhance Fitness - Mixed Level - Y Fort Gratiot</b> 1pm - 2pm		<b>Enhance Fitness - Mixed Level - Y Fort Gratiot</b> 1pm - 2pm		
<b>3pm</b>					<b>Yoga at SC4</b> 3:30pm - 4:15pm		
<b>5pm</b>	<b>Kick Boxing - Marysville Viking</b> 5:15pm - 6pm	<b>Hip Hop Cardio at SC4</b> 5pm - 5:45pm	<b>Yoga - Multilevel - Y Fort Gratiot</b> 5:30pm - 6:15pm	<b>Yoga at SC4</b> 5pm - 5:45pm			
	<b>Yoga - Multilevel - Y Fort Gratiot</b> 5:30pm - 6:15pm						

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.