



Spring 2019  
Group Exercise @ 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>Fit in 30 - Pull-ups with Tina \$</b> 5am - 5:30am	<b>Boot Camp</b> 5:30am - 6:15am	<b>Fit in 30 - HIIT with Tina \$</b> 5:30am - 6am	<b>Boot Camp</b> 5:30am - 6:15am		
		<b>Intensity</b> 5:30am - 6:15am					
		<b>Fit in 30 - Pull-ups with Tina \$</b> 5:30am - 6am					
6am	<b>Spinning</b> 6am - 6:45am	<b>Kettlebells</b> 6:30am - 7:15am	<b>Spinning</b> 6am - 6:45am	<b>Kettlebells</b> 6:30am - 7:15am	<b>Spinning</b> 6am - 6:45am		
	<b>Yoga - Multilevel</b> 6:30am - 7:15am		<b>Fit in 30 - Total Body with Evan \$</b> 6:30am - 7am				
7am						<b>Spinning</b> 7:15am - 8am	
						<b>Fit in 30 - Total Body with Mary \$</b> 7:15am - 7:45am	
8am	<b>Yoga - Multilevel</b> 8am - 8:45am	<b>Pilates</b> 8am - 8:45am	<b>Yoga - Multilevel</b> 8am - 8:45am	<b>Pilates</b> 8am - 8:45am	<b>Yoga - Multilevel</b> 8am - 8:45am	<b>Spinning</b> 8:15am - 9am	
	<b>Core Power</b> 8:15am - 9am		<b>Core Power</b> 8:15am - 9am		<b>Core Power</b> 8:15am - 9am		
					<b>TRX HIIT</b> 8:30am - 9am		
9am	<b>Enhance Fitness - Level 2</b> 9am - 10am	<b>Enhance Fitness - Mixed Level</b> 9am - 10am	<b>Enhance Fitness - Level 2</b> 9am - 10am	<b>Enhance Fitness - Mixed Level</b> 9am - 10am	<b>Enhance Fitness - Level 2</b> 9am - 10am	<b>Enhance Fitness - Mixed Level</b> 9am - 10am	
	<b>Gentle Yoga</b> 9am - 9:45am	<b>Fit in 30 - Member's Choice with Elizabeth \$</b> 9am - 9:30am	<b>Fit in 30 - Strength &amp; Conditioning - Interm \$</b> 9am - 10am	<b>Fit in 30 - Member's Choice with Elizabeth \$</b> 9am - 9:30am	<b>Fit in 30 - Stand up Paddleboard Core with Jenny \$</b> 9am - 9:30am	<b>Little Ninja's</b> 9:15am - 10am	
	<b>Fit in 30 - Strength &amp; Conditioning \$</b> 9am - 10am	<b>Cardio-n-Core</b> 9:15am - 10am	<b>Gentle Yoga</b> 9am - 9:45am	<b>Cardio-n-Core</b> 9:15am - 10am	<b>Step &amp; Strength</b> 9:15am - 10am	<b>Circuit Training</b> 9:15am - 10am	
	<b>Step &amp; Strength</b> 9:15am - 10am		<b>Step &amp; Strength</b> 9:15am - 10am				
10am	<b>Enhance Fitness - Mixed Level</b> 10am - 11am	<b>Tap Cardio</b> 10:15am - 11am	<b>Fit in 30 - Strength &amp; Conditioning - Begin \$</b> 10am - 11am	<b>Tap Cardio</b> 10:15am - 11am	<b>Enhance Fitness - Mixed Level</b> 10am - 11am	<b>Little Tumblers</b> 10:15am - 11am	
	<b>Fit in 30 - Strength &amp; Conditioning - Begin \$</b> 10am - 11am	<b>Brains and Balance Past 60</b> 10:15am - 11:15am	<b>Enhance Fitness - Mixed Level</b> 10am - 11am	<b>Yoga - Multilevel</b> 10:15am - 11am	<b>Aerobics</b> 10:15am - 11am	<b>Cardio-n-Core</b> 10:15am - 11am	
	<b>Meditation</b> 10:15am - 11am		<b>Aerobics</b> 10:15am - 11am				
	<b>Aerobics</b> 10:15am - 11am						

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
<b>11am</b>	<b>Senior Boot Camp</b> 11am - 11:45am	<b>Fit in 30 - Stand up Paddleboard Core with Jenny \$</b> 11am - 11:30am	<b>Senior Boot Camp</b> 11am - 11:45am	<b>Fit in 30 - Stand up Paddleboard Core with Jenny \$</b> 11am - 11:30am	<b>Senior Boot Camp</b> 11am - 11:45am	<b>Family Yoga</b> 11:15am - 12pm	
	<b>Enhance Fitness - Level 1</b> 11am - 12pm	<b>Fit in 30 - Stand up Paddleboard Core with Jenny \$</b> 11am - 11:30am	<b>Enhance Fitness - Level 1</b> 11am - 12pm	<b>TRX</b> 11:30am - 12pm	<b>Enhance Fitness - Level 1</b> 11am - 12pm		
		<b>TRX</b> 11:30am - 12pm					
<b>12pm</b>	<b>Spinning</b> 12:10pm - 12:40pm	<b>Power Sculpt</b> 12:10pm - 12:40pm	<b>Spinning</b> 12:10pm - 12:40pm	<b>Intensity</b> 12:10pm - 12:40pm	<b>Spinning</b> 12:10pm - 12:40pm	<b>Circuit - Adaptive</b> 12:15pm - 1pm	
<b>1pm</b>							<b>Brazilian Jiu Jitsu</b> 1pm - 3pm
<b>4pm</b>	<b>HIIT</b> 4:30pm - 5:15pm	<b>Circuit Training</b> 4:30pm - 5:15pm	<b>Intervalocity</b> 4:30pm - 5:15pm	<b>Circuit Training</b> 4:30pm - 5:15pm	<b>Spinning</b> 4:15pm - 5pm		
<b>5pm</b>	<b>Pound Fit</b> 5:30pm - 6:15pm	<b>Zumba</b> 5:30pm - 6:15pm	<b>Little Ninja's</b> 5pm - 5:45pm	<b>Spinning</b> 5:30pm - 6:15pm	<b>HIIT</b> 5:15pm - 6pm		
	<b>Total Body Cardio</b> 5:30pm - 6:15pm	<b>Spinning</b> 5:30pm - 6:15pm	<b>HIIT</b> 5:30pm - 6:15pm	<b>Kids Circuit</b> 5:30pm - 6:15pm			
		<b>Fit in 30 - Golf with Elizabeth \$</b> 5:30pm - 6pm	<b>Fit in 30 - Member's Choice with Elizabeth \$</b> 5:30pm - 6pm				
<b>6pm</b>	<b>Chair Workout</b> 6:30pm - 7pm	<b>Spinning</b> 6:30pm - 7:15pm	<b>Hip Hop Cardio</b> 6:30pm - 7:15pm	<b>Hip Hop Cardio</b> 6:30pm - 7:15pm	<b>Hip Hop Cardio</b> 6:30pm - 7:15pm		
	<b>Hip Hop Cardio</b> 6:30pm - 7:15pm	<b>Yoga - Multilevel</b> 6:30pm - 7:15pm		<b>Youth Strength Training</b> 6:30pm - 7pm			
<b>7pm</b>	<b>Yin Yoga</b> 7pm - 7:45pm	<b>HIIT</b> 7:30pm - 8:15pm	<b>Yin Yoga</b> 7pm - 7:45pm	<b>Yoga - Multilevel</b> 7pm - 7:45pm			
	<b>Adult Swim Class - Advanced \$</b> 7pm - 8pm		<b>Brazilian Jiu Jitsu</b> 7:30pm - 8:15pm	<b>Circuit Training</b> 7:30pm - 8:15pm			

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