



WII - 2019  
 Group Exercise @ 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
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						
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>Fit in 30 - Strength &amp; Conditioning \$</b> 9am - 10am	<b>Enhance Fitness - Mixed Level</b> 9am - 10am	<b>Fit in 30 - Strength &amp; Conditioning - Interm \$</b> 9am - 10am	<b>Enhance Fitness - Mixed Level</b> 9am - 10am	<b>Fit in 30 - Stand up Paddleboard Core with Jenny \$</b> 9am - 9:30am	<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>Gentle Yoga</b> 9am - 9:45am	<b>Fit in 30 - Member's Choice with Elizabeth \$</b> 9am - 9:30am	<b>Enhance Fitness - Level 2</b> 9am - 10am	<b>Little Ninja's</b> 9:15am - 10am	
	<b>Enhance Fitness - Level 2</b> 9am - 10am	<b>Cardio-n-Core</b> 9:15am - 10am	<b>Enhance Fitness - Level 2</b> 9am - 10am	<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>Yoga - Multilevel</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>Tap Cardio</b> 10:15am - 11am	<b>Aerobics</b> 10:15am - 11am	<b>Cardio-n-Core</b> 10:15am - 11am	
	<b>Aerobics</b> 10:15am - 11am		<b>Aerobics</b> 10:15am - 11am				
	<b>Meditation</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>TRX</b> 11:30am - 12pm	<b>Enhance Fitness - Level 1</b> 11am - 12pm	<b>TRX</b> 11:30am - 12pm	<b>Enhance Fitness - Level 1</b> 11am - 12pm		
	<b>Operation VETSTRONG: Gentle Yoga</b> 11am - 11:45am				<b>Operation VETSTRONG: Enhance Fitness</b> 11am - 11:45am		
<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>Dance Aerobics - Adaptive</b> 1:15pm - 2pm	<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>Fit in 30 - Golf with Elizabeth \$</b> 5:30pm - 6pm	<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>Zumba</b> 5:30pm - 6:15pm	<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>Fit in 30 - Lifting Basics with Toby \$</b> 6pm - 6:30pm	<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 - 7:15pm			
				<b>Hip Hop Cardio</b> 6:30pm - 7:15pm			
<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>Brazilian Jiu Jitsu</b> 7:30pm - 8:15pm	<b>Circuit Training</b> 7:30pm - 8:15pm			

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