



Fall II  
 Gym - East @ YMCA of the Blue Water Area  
 November 1st - December 19th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
6am	<b>Open Gym</b> 6am - 9:15am	<b>Pickleball</b> 6:45am - 9:45am	<b>Open Gym</b> 6am - 9:15am	<b>Pickleball</b> 6:45am - 9:45am	<b>Open Gym</b> 6am - 9:15am		
8am						<b>Open Gym</b> 8am - 4pm	
9am	<b>Enhance Fitness - Level 1</b> 9:15am - 10am	<b>Open Gym</b> 9:45am - 5:15pm	<b>Enhance Fitness - Level 1</b> 9:15am - 10am	<b>Open Gym</b> 9:45am - 5:15pm	<b>Enhance Fitness - Level 1</b> 9:15am - 10am		
10am	<b>Open Gym</b> 10am - 12pm		<b>Open Gym</b> 10am - 12pm		<b>Open Gym</b> 10am - 12pm		
12pm	<b>Pickleball</b> 12pm - 2pm		<b>Pickleball</b> 12pm - 2pm		<b>Pickleball</b> 12pm - 2pm		
2pm	<b>Open Gym</b> 2pm - 5:15pm		<b>Open Gym</b> 2pm - 8pm		<b>Open Gym</b> 2pm - 8pm		
4pm						<b>Open Gym</b> 4pm - 5pm	
5pm	<b>Little Sporters (Age 4-6)</b> 5:15pm - 6pm	<b>Youth Basketball Clinic (Coed Ages 9-12)-\$</b> 5:15pm - 6:15pm		<b>Youth Circuit</b> 5:15pm - 6pm			
6pm	<b>Open Gym</b> 6pm - 8pm	<b>Open Gym</b> 6:15pm - 8pm		<b>Volleyball Clinic (Age 11-15)-\$</b> 6:15pm - 7:15pm			
7pm				<b>Open Gym</b> 7:15pm - 9pm			
8pm	<b>Open Gym</b> 8pm - 9pm	<b>Open Gym</b> 8pm - 9pm	<b>Open Gym</b> 8pm - 9pm		<b>Open Gym</b> 8pm - 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
6am		<b>Pickleball</b> 6:45am - 9:45am		<b>Pickleball</b> 6:45am - 9:45am	<b>Open Gym</b> 6am - 12pm		
8am	<b>Cardio &amp; Core Workout</b> 8:15am - 9am		<b>Cardio &amp; Core Workout</b> 8:15am - 9am			<b>Open Gym</b> 8am - 10:30am	
9am	<b>Open Gym</b> 9am - 12pm	<b>Open Gym</b> 9:45am - 8pm	<b>Open Gym</b> 9am - 12pm	<b>Open Gym</b> 9:45am - 12:15pm			
10am						<b>Little Sporters (Age 3-5)</b> 10:30am - 11:15am	
11am						<b>Open Gym</b> 11:15am - 4pm	
12pm	<b>Pickleball</b> 12pm - 2pm		<b>Pickleball</b> 12pm - 2pm	<b>Home School Gym &amp; Swim \$</b> 12:15pm - 2:15pm	<b>Pickleball</b> 12pm - 2pm		
2pm	<b>Open Gym</b> 2pm - 5:15pm		<b>Open Gym</b> 2pm - 5:15pm	<b>Open Gym</b> 2:15pm - 5pm	<b>Open Gym</b> 2pm - 8pm		
4pm						<b>Open Gym</b> 4pm - 5pm	
5pm	<b>Y Sports (Ages 7-12)</b> 5:15pm - 6pm		<b>Intervalocity (Spin &amp; Tone)</b> 5:15pm - 6pm	<b>Volleyball Clinic (Age 7-10)-\$</b> 5pm - 6pm			
			<b>Open Gym</b> 5:15pm - 8pm				
6pm	<b>Open Gym</b> 6pm - 8pm			<b>Volleyball Clinic (Age 11-15)-\$</b> 6:15pm - 7:15pm			
7pm				<b>Open Gym</b> 7:15pm - 9pm			
8pm	<b>Open Swim</b> 8pm - 9pm	<b>Open Gym</b> 8pm - 9pm	<b>Open Gym</b> 8pm - 9pm		<b>Open Gym</b> 8pm - 9pm		

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