



Winter II 2019
Gym - East @ 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 | Boot Camp 5:30am - 6:15am | Open Gym 5am - 8am | Boot Camp 5:30am - 6:15am | Open Gym 5am - 8am | Boot Camp 5:30am - 6:15am | | |
| 6am | Open Gym 6:15am - 8:30am | | Open Gym 6:15am - 8:30am | | Open Gym 6:15am - 8:30am | | |
| 7am | | | | | | Open Gym 7am - 9am | |
| 8am | Gym Walk 8:30am - 9am | Pickleball 8am - 11am | Gym Walk 8:30am - 9am | Pickleball 8am - 11am | Gym Walk 8:30am - 9am | | |
| 9am | Enhance Fitness - Level 2 9am - 10am | | Enhance Fitness - Level 2 9am - 10am | | Enhance Fitness - Level 2 9am - 10am | Little Ninja's 9:15am - 10am | |
| 10am | Enhance Fitness - Mixed Level 10am - 11am | | Enhance Fitness - Mixed Level 10am - 11am | | Enhance Fitness - Mixed Level 10am - 11am | Little Tumblers 10:15am - 11am | Open Gym 10am - 5pm |
| 11am | Warm World 11am - 12:15pm | Warm World 11am - 12:15pm | Warm World 11am - 12:15pm | Warm World 11am - 12:15pm | Warm World 11am - 12:15pm | Family Yoga 11:15am - 12pm | |
| 12pm | Adult Basketball 12:15pm - 3pm | Pickleball 12:15pm - 2:15pm | Adult Basketball 12:15pm - 3pm | Home School Gym 12:15pm - 1:15pm | Adult Basketball 12:15pm - 3pm | Open Gym 12pm - 3pm | |
| 1pm | | | | Pickleball 1:15pm - 3:15pm | | | |
| 2pm | | Open Gym 2:15pm - 3:15pm | | | | | |
| 3pm | Warm World 3:15pm - 4:15pm | Warm World 3:15pm - 4:15pm | Warm World 3:15pm - 4:15pm | Warm World 3:15pm - 4:15pm | Warm World 3:15pm - 4:15pm | Futsal 3pm - 8pm | |
| 4pm | Nationals Futsal 4:45pm - 9pm | Open Gym 4:15pm - 5:30pm | Open Gym 4:15pm - 9pm | Open Gym 4:15pm - 5:30pm | Open Gym 4:15pm - 5:45pm | | |
| 5pm | | | | Kids Circuit 5:30pm - 6:15pm | | | |
| 6pm | | Open Gym 6:30pm - 9pm | | Youth Strength Training 6:30pm - 7:15pm | Nationals Futsal 6pm - 8pm | | |
| 7pm | | | | Pickleball 7:15pm - 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.

Updated 3/7/19



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| | MON | TUE | WED | THU | FRI | SAT | SUN |
|------|---|---------------------------------------|---|--|---|------------------------------|-------------------------------|
| 5am | Boot Camp 5:30am - 6:15am | | Boot Camp 5:30am - 6:15am | | Boot Camp 5:30am - 6:15am | | |
| 7am | | | | | | Open Gym 7am - 9am | |
| 8am | Gym Walk 8:30am - 9am | Pickleball 8am - 11am | Gym Walk 8:30am - 9am | Pickleball 8am - 11am | Gym Walk 8:30am - 9am | | |
| 9am | Enhance Fitness - Level 2 9am - 10am | | Enhance Fitness - Level 2 9am - 10am | | Enhance Fitness - Level 2 9am - 10am | Open Gym 9am - 3pm | |
| 10am | Enhance Fitness - Mixed Level 10am - 11am | | Enhance Fitness - Mixed Level 10am - 11am | | Enhance Fitness - Mixed Level 10am - 11am | | Open Gym 10am - 3pm |
| | | | | | | | Open Gym 10am - 5pm |
| 11am | Senior Boot Camp 11am - 11:45am | Pickleball 11am - 12:15pm | Senior Boot Camp 11am - 11:45am | Open Gym 11am - 12:15pm | Senior Boot Camp 11am - 11:45am | | |
| 12pm | Adult Basketball 12:15pm - 3pm | Pickleball 12:15pm - 2:15pm | Adult Basketball 12:15pm - 3pm | Home School Gym 12:15pm - 1:15pm | Adult Basketball 12:15pm - 3pm | | |
| 1pm | | | | Pickleball 1:15pm - 3:15pm | | | |
| 2pm | | Open Gym 2:15pm - 5:30pm | | | | | |
| 3pm | Open Gym 3pm - 4:45pm | | Open Gym 3pm - 5:30pm | Open Gym 3:15pm - 7pm | Open Gym 3pm - 5:45pm | Futsal 3pm - 8pm | Open Gym 3pm - 5pm |
| 5pm | Nationals Futsal 5pm - 9pm | Spinning 5:30pm - 6:15pm | | | Nationals Futsal 5:45pm - 8pm | | |
| 6pm | | Open Gym 6:30pm - 9pm | Open Gym 6:30pm - 9pm | | | | |
| 7pm | | | | Pickleball 7pm - 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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