



Group Exercise - VIRTUAL @ YMCA of the Blue
Water Area
June 20th - September 4th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
8am	Cardio & Core Workout 8:15am - 9am		Cardio & Core Workout 8:15am - 9am	Pilates 8am - 8:45am			
9am	Enhance Fitness - Level 1 9:15am - 10am	Enhance Fitness - Level 1 9:15am - 10am	Enhance Fitness - Level 1 9:15am - 10am	Enhance Fitness - Level 1 9:15am - 10am	Enhance Fitness - Level 1 9:15am - 10am		
	Yoga 9:15am - 10am		Yoga 9:15am - 10am				
6pm				Yoga 6:30pm - 7:30pm			

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.



Group Exercise - LIVE @ YMCA of the Blue Water Area

June 20th - September 4th

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Port Huron, MI 48060
(810) 987-6400

	MON	TUE	WED	THU	FRI	SAT	SUN
5am		Fit in 30 - Pull-up Progression with Tina \$ 5:30am - 6am	Boot Camp 5:30am - 6:15am				
8am	Cardio & Core Workout 8:15am - 9am	Smash HIIT 8:15am - 9am	Cardio & Core Workout 8:15am - 9am	Pilates 8am - 8:45am		Spinning 8am - 8:45am	
	Fit in 30 - Strength & Conditioning with Mary \$ 8:15am - 8:45am	Fit in 30 - Total Body w/ Elizabeth \$ 8:30am - 9am	Fit in 30 - Strength & Conditioning with Mary \$ 8:15am - 8:45am	Fit in 30 - Total Body w/ Elizabeth \$ 8:30am - 9am			
9am	Enhance Fitness - Level 1 9:15am - 10am	Crush It 9:15am - 10am	Enhance Fitness - Level 1 9:15am - 10am	Crush It 9:15am - 10am	Enhance Fitness - Level 1 9:15am - 10am		
	Yoga 9:15am - 10am		Cardio Tap Dance 9:15am - 10am				
			Yoga 9:15am - 10am				
10am	Senior Boot Camp 10:15am - 11am		Senior Boot Camp 10:15am - 11am		Senior Boot Camp 10:15am - 11am		
	Dance Aerobics 10:15am - 11am				Dance Aerobics 10:15am - 11am		
	Youth Basketball Camp - Ages 4-6 \$ 10:30am - 11:30am						
12pm	Spinning 12:15pm - 12:45pm						
5pm		Spinning 5:15pm - 6pm	Intervalocity (Spin & Tone) 5:15pm - 6pm	Spinning 5:15pm - 6pm			
			Little Tumblers 5:15pm - 6pm	Ultimate Cardio Jam 5:30pm - 6:15pm			
6pm	ROCK Solid 6:30pm - 7:15pm		Little Tumblers 6:15pm - 7pm	Yoga 6:30pm - 7:30pm			
	Adult Swim - \$ 6:30pm - 7:30pm			Spinning 6:30pm - 7:15pm			

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