



Fall II
Group Exercise - LIVE @ 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
5am	Boot Camp 5:30am - 6:15am		Boot Camp 5:30am - 6:15am		Boot Camp 5:30am - 6:15am		
6am		Pickleball 6:45am - 9:45am		Pickleball 6:45am - 9:45am			
8am	Fit in 30 Small Group - \$ 8:15am - 8:45am	Pilates 8am - 8:45am	Fit in 30 Small Group - \$ 8:15am - 8:45am	Pilates 8am - 8:45am	Cardio & Core Workout 8:15am - 9am	Instructors Choice Saturday 8:15am - 9am	
	Cardio & Core Workout 8:15am - 9am	Fit in 30 - Total Body w/Elizabeth 8:30am - 9am	Cardio & Core Workout 8:15am - 9am	Fit in 30 - Total Body w/Elizabeth 8:30am - 9am			
9am	Yoga 9:15am - 10am	Water Aerobics 9am - 9:45am	Yoga 9:15am - 10am	Water Aerobics 9am - 9:45am	Yoga 9:15am - 10am	Low Intensity Training 9:15am - 10am	
	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		
			Tap Cardio 9:15am - 10am				
10am	Dance Aerobics 10:15am - 11am	Water Aerobics 10am - 10:45am	Water Aerobics 10:15am - 11am	Water Aerobics 10am - 10:45am	Dance Aerobics 10:15am - 11am		
	Water Aerobics 10:15am - 11am				Water Aerobics 10:15am - 11am		
11am	Water Aerobics 11am - 11:45am	Water Aerobics 11am - 11:45am	Water Aerobics 11am - 11:45am	Water Aerobics 11am - 11:45am	Water Aerobics 11:15am - 12pm		
12pm	Pickleball 12pm - 2pm		Pickleball 12pm - 2pm		Pickleball 12pm - 2pm		
	Spin 12:15pm - 12:45pm						
5pm	Hip Hop Cardio 5:30pm - 6:15pm	Spin 5:15pm - 6pm	Intervalocity (Spin & Tone) 5:15pm - 6pm	Spin 5:15pm - 6pm			
				Hip Hop Cardio 5:30pm - 6:15pm			
6pm	Couch to 5k 6pm - 7pm	Strength & Conditioning 6:15pm - 7pm	Couch to 5k 6pm - 7pm	Yoga 6:30pm - 7:30pm	Couch to 5k 6pm - 7pm		
			Qi Gong 6pm - 6:45pm				
			Adult Swim-\$ 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.



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5am	Boot Camp 5:30am - 6:15am		Boot Camp 5:30am - 6:15am		Boot Camp 5:30am - 6:15am		
8am	Cardio & Core Workout 8:15am - 9am	Pilates 8am - 8:45am	Cardio & Core Workout 8:15am - 9am	Pilates 8am - 8:45am	Cardio & Core Workout 8:15am - 9am		
	Fit in 30 - Strength & Conditioning \$ 8:15am - 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		Yoga 9:15am - 10am		
6pm				Yoga 6:30pm - 7:30pm			

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