



Gym - East @ YMCA of the Blue Water Area
October 31st - December 31st

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		
9am	Enhance Fitness - Level 1 9:15am - 10am		Enhance Fitness - Level 1 9:15am - 10am		Enhance Fitness - Level 1 9:15am - 10am		
10am	Senior Boot Camp 10:15am - 11am		Senior Boot Camp 10:15am - 11am		Senior Boot Camp 10:15am - 11am		
12pm	Pickleball 12pm - 2pm	Adult Basketball 12pm - 2pm	Pickleball 12pm - 2pm	Home School Gym & Swim \$ 12:15pm - 1:15pm	Pickleball 12pm - 2pm		
3pm	Warm World 3:45pm - 5:15pm	Warm World 3:45pm - 5:15pm	Warm World 3:45pm - 5:15pm	Warm World 3:45pm - 5:15pm	Warm World 3:45pm - 5:15pm		
5pm	Little Sporters 5:15pm - 6pm		Youth Basketball Clinic 5:30pm - 6:30pm				

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		Cardio & Core Workout 8:15am - 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		
10am	Senior Boot Camp 10:15am - 11am		Senior Boot Camp 10:15am - 11am		Senior Boot Camp 10:15am - 11am		
11am						Little Ninja's 11:15am - 12pm	
12pm	Pickleball 12pm - 2pm	Adult Basketball 12pm - 2pm	Pickleball 12pm - 2pm	Home School Gym & Swim \$ 12:15pm - 1:15pm	Pickleball 12pm - 2pm	Little Tumblers - Level 2 12:30pm - 1:15pm	
1pm						Little Tumblers - Level 1 1:30pm - 2:15pm	
5pm	Y Sports (Ages 7-12) 5:15pm - 6pm	Youth Volleyball League - Middle School - \$ 5pm - 8pm	Youth Volleyball League - High School - \$ 5:30pm - 6:30pm	Youth Volleyball League - Middle School - \$ 5pm - 8pm	Youth Volleyball League - High School - \$ 5pm - 8pm		
6pm	"Y on the Fly" Multi Sport Camp (Nov. 14-17) 6:30pm - 7:30pm	"Y on the Fly" Multi Sport Camp (Nov. 14-17) 6:30pm - 7:30pm	"Y on the Fly" Multi Sport Camp (Nov. 14-17) 6:30pm - 7:30pm	"Y on the Fly" Multi Sport Camp (Nov. 14-17) 6:30pm - 7:30pm			

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