



2024 Winter 1 Schedule  
 Group Exercise - LIVE @ YMCA of the Blue Water  
 Area  
 January 1st - February 25th

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

|      | MON   | TUE  | WED   | THU  | FRI   | SAT   | SUN   |
|------|---|--|---|--|---|---|---|
| 5am  | <b>Boot Camp</b><br>5:30am - 6:15am                                       |  | <b>Boot Camp</b><br>5:30am - 6:15am                                       |  | <b>Boot Camp</b><br>5:30am - 6:15am               |   |   |
| 6am  |   | <b>Yoga - Medium Intensity</b><br>6am - 7am                  |   | <b>Spin</b><br>6am - 6:45am                                  |   |   |   |
|      |   | <b>Spin</b><br>6am - 6:45am                                  |   |  |   |   |   |
| 8am  | <b>Cardio &amp; Core Workout</b><br>8:15am - 9am                          | <b>Pilates</b><br>8am - 8:45am                               | <b>Cardio &amp; Core Workout</b><br>8:15am - 9am                          | <b>Pilates</b><br>8am - 8:45am                               | <b>Cardio &amp; Core Workout</b><br>8:15am - 9am  | <b>Yoga - Medium Intensity</b><br>8am - 9am |   |
|      | <b>Fit in 30 - Strength &amp; Conditioning-Mary-\$</b><br>8:15am - 8:45am | <b>Body Blast</b><br>8:15am - 9am                            | <b>Fit in 30 - Strength &amp; Conditioning-Mary-\$</b><br>8:15am - 8:45am | <b>Fit in 30 - Total Body - Elizabeth-\$</b><br>8:30am - 9am |   | <b>Spin</b><br>8am - 8:45am                 |   |
|      | <b>Cardio Tap Dance</b><br>8:45am - 9:15am                                | <b>Fit in 30 - Total Body - Elizabeth-\$</b><br>8:30am - 9am |   |  |   |   |   |
| 9am  | <b>Cardio Tap Dance</b><br>9:15am - 10am                                  | <b>Crush It</b><br>9:15am - 10am                             | <b>Cardio Tap Dance</b><br>9:15am - 10am                                  | <b>Crush It</b><br>9:15am - 10am                             | <b>Enhance Fitness - Level 1</b><br>9:15am - 10am | <b>Boot Camp</b><br>9am - 9:45am            |   |
|      | <b>Enhance Fitness - Level 1</b><br>9:15am - 10am                         | <b>Yoga - Low Intensity</b><br>9:15am - 10am                 | <b>Enhance Fitness - Level 1</b><br>9:15am - 10am                         | <b>Yoga - Low Intensity</b><br>9:15am - 10am                 | <b>Spin</b><br>9:15am - 10am                      |   |   |
|      | <b>Yoga - Medium Intensity</b><br>9:15am - 10am                           |  | <b>Yoga - High Intensity</b><br>9:15am - 10am                             |  | <b>Yoga - High Intensity</b><br>9:15am - 10am     |   |   |
| 10am | <b>Fit in 30 - Total Body - Elizabeth-\$</b><br>10am - 10:30am            |  | <b>Barre</b><br>10:15am - 11am  |  | <b>Dance Aerobics</b><br>10:15am - 11am           |   |   |
|      | <b>Senior Boot Camp</b><br>10:15am - 11am                                 |  | <b>Senior Boot Camp</b><br>10:15am - 11am                                 |  | <b>Senior Boot Camp</b><br>10:15am - 11am         |   |   |
|      | <b>Cardio Kick &amp; Core</b><br>10:15am - 11am                           |  |   |  |   |   |   |
| 12pm |   |  |   |  |   |   | <b>Futsal League High School/Adult \$</b><br>12pm - 5pm |
| 4pm  | <b>Intervalocity (Spin &amp; Tone)</b><br>4:30pm - 5:15pm                 |  | <b>Intervalocity (Spin &amp; Tone)</b><br>4:30pm - 5:15pm                 |  |   |   |   |
| 5pm  | <b>Ultimate Cardio Jam</b><br>5:30pm - 6:15pm                             | <b>Spin</b><br>5:30pm - 6:15pm                               | <b>Fit and Fine with Dr. G</b><br>5:30pm - 6:15pm                         | <b>Ultimate Cardio Jam</b><br>5:30pm - 6:15pm                |   |   |   |
| 6pm  | <b>ROCK Solid</b><br>6:30pm - 7:15pm                                      | <b>Full Body Strength</b><br>6:30pm - 7:15pm                 | <b>Dance Aerobics Turn Up the Beat</b><br>6:30pm - 7:15pm                 | <b>Yoga - Medium Intensity</b><br>6:30pm - 7:30pm            |   |   |   |
|      |   | <b>Yoga - Medium Intensity</b><br>6:30pm - 7:30pm            |   | <b>Spin</b><br>6:30pm - 7:15pm                               |   |   |   |

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.



**2024 Winter 1 Schedule**  
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**Water Area**  
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| <b>8am</b>  | <b>Cardio &amp; Core Workout</b><br>8:15am - 9am      | <b>Pilates</b><br>8am - 8:45am                    | <b>Cardio &amp; Core Workout</b><br>8:15am - 9am      | <b>Pilates</b><br>8am - 8:45am                    | <b>Cardio &amp; Core Workout</b><br>8:15am - 9am      |     |     |
| <b>9am</b>  | <b>Enhance Fitness - Level 1</b><br>9:15am - 10am     | <b>Enhance Fitness - Level 1</b><br>9:15am - 10am | <b>Enhance Fitness - Level 1</b><br>9:15am - 10am     | <b>Enhance Fitness - Level 1</b><br>9:15am - 10am | <b>Enhance Fitness - Level 1</b><br>9:15am - 10am     |     |     |
|             | <b>Yoga - Medium Intensity</b><br>9:15am - 10am       | <b>Yoga - Low Intensity</b><br>9:15am - 10am      | <b>Yoga - High Intensity</b><br>9:15am - 10am         | <b>Yoga - Low Intensity</b><br>9:15am - 10am      | <b>Yoga - High Intensity</b><br>9:15am - 10am         |     |     |
| <b>10am</b> | <b>Cardio Kick &amp; Core</b><br>10:15am - 11am       |   |   |   | <b>Dance Aerobics</b><br>10:15am - 11am               |     |     |
| <b>11am</b> | <b>Enhance Fitness - Level 1</b><br>11:30am - 12:15pm |   | <b>Enhance Fitness - Level 1</b><br>11:30am - 12:15pm |   | <b>Enhance Fitness - Level 1</b><br>11:30am - 12:15pm |     |     |

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