



2024 Winter 1 Schedule  
 Gym - East @ 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> 5:30am - 6:15am		<b>Boot Camp</b> 5:30am - 6:15am		<b>Boot Camp</b> 5:30am - 6:15am		
7am		<b>Pickleball</b> 7am - 9am		<b>Pickleball</b> 7am - 9am			
8am						<b>Youth Basketball League \$</b> 8am - 5pm	
9am	<b>Enhance Fitness - Level 1</b> 9:15am - 10am		<b>Enhance Fitness - Level 1</b> 9:15am - 10am		<b>Enhance Fitness - Level 1</b> 9:15am - 10am		
10am	<b>Senior Boot Camp</b> 10:15am - 11am		<b>Senior Boot Camp</b> 10:15am - 11am		<b>Senior Boot Camp</b> 10:15am - 11am		
12pm	<b>Pickleball</b> 12pm - 2pm		<b>Pickleball</b> 12pm - 2pm	<b>Home School Gym &amp; Swim \$</b> 12:15pm - 1:15pm	<b>Pickleball</b> 12pm - 2pm		<b>Futsal League High School/Adult \$</b> 12pm - 5pm
4pm		<b>Youth Basketball League \$</b> 4pm - 9pm		<b>Youth Basketball League \$</b> 4pm - 9pm	<b>Youth Basketball League \$</b> 4pm - 9pm		
5pm	<b>Little Sporters (4-6 yrs old)</b> 5:15pm - 6pm						

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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<b>5am</b>	<b>Boot Camp</b> 5:30am - 6:15am		<b>Boot Camp</b> 5:30am - 6:15am		<b>Boot Camp</b> 5:30am - 6:15am		
<b>8am</b>	<b>Cardio &amp; Core Workout</b> 8:15am - 9am		<b>Cardio &amp; Core Workout</b> 8:15am - 9am		<b>Cardio &amp; Core Workout</b> 8:15am - 9am	<b>Youth Basketball League \$</b> 8am - 5pm	
<b>9am</b>	<b>Enhance Fitness - Level 1</b> 9:15am - 10am	<b>Crush It</b> 9:15am - 10am	<b>Enhance Fitness - Level 1</b> 9:15am - 10am	<b>Crush It</b> 9:15am - 10am	<b>Enhance Fitness - Level 1</b> 9:15am - 10am		
<b>10am</b>	<b>Senior Boot Camp</b> 10:15am - 11am		<b>Senior Boot Camp</b> 10:15am - 11am		<b>Senior Boot Camp</b> 10:15am - 11am		
<b>11am</b>	<b>Pickleball</b> 11am - 12pm		<b>Pickleball</b> 11am - 12pm		<b>Pickleball</b> 11am - 12pm		
<b>12pm</b>	<b>Pickleball</b> 12pm - 2pm		<b>Pickleball</b> 12pm - 2pm	<b>Home School Gym &amp; Swim \$</b> 12:15pm - 1:15pm	<b>Pickleball</b> 12pm - 2pm		<b>Futsal League High School/Adult \$</b> 12pm - 5pm
<b>5pm</b>	<b>Y Sports (Age 7-13)</b> 5:15pm - 6pm	<b>Youth Volleyball League- \$</b> 5pm - 8pm	<b>Youth Volleyball League- \$</b> 5pm - 8pm	<b>Youth Volleyball League- \$</b> 5pm - 8pm	<b>Youth Volleyball League- \$</b> 5pm - 8pm		
			<b>Youth Basketball Clinic \$</b> 5:30pm - 6:30pm				

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