



2023 Winter 1 & 2
Gym - West @ YMCA of the Blue Water Area
 January 2nd - April 23rd

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		
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	Youth Basketball League \$ 9am - 5pm	
10am	Senior Boot Camp 10:15am - 11am		Senior Boot Camp 10:15am - 11am		Senior Boot Camp 10:15am - 11am		
12pm	Pickleball 12pm - 2pm		Pickleball 12pm - 2pm	Home School Gym & Swim \$ 12:15pm - 1:15pm	Pickleball 12pm - 2pm		
5pm		Youth Volleyball League- \$ 5pm - 8pm	Youth Volleyball League- \$ 5:30pm - 6:30pm	Youth Volleyball League- \$ 5pm - 8pm	Youth Volleyball League- \$ 5:30pm - 6:30pm	Futsal League High School/Adult \$ 5pm - 10pm	
		Youth Volleyball Clinic * 5:30pm - 7:45pm		Youth Volleyball 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.

Please note:

Tuesday Youth Volleyball Clinic runs from 4/4/23 to 5/9/23.

Thursday Youth Volleyball Clinic runs from 2/2/23 to 3/9/23.



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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	Youth Basketball League \$ 9am - 5pm	
10am	Senior Boot Camp 10:15am - 11am		Senior Boot Camp 10:15am - 11am		Senior Boot Camp 10:15am - 11am		
11am	Warm World 11am - 11:50am	Warm World 11am - 11:50am	Warm World 11am - 11:50am	Warm World 11am - 11:50am	Warm World 11am - 11:50am		
12pm	Pickleball 12pm - 2pm		Pickleball 12pm - 2pm	Home School Gym & Swim \$ 12:15pm - 1:15pm	Pickleball 12pm - 2pm		
3pm	Warm World 3pm - 5pm	Warm World 3pm - 5pm	Warm World 3pm - 5pm	Warm World 3pm - 5pm	Warm World 3pm - 5pm		
5pm	Little Sporters 5:15pm - 6pm		Youth Volleyball League- \$ 5:30pm - 6:30pm		Youth Basketball League \$ 5pm - 9pm	Futsal League High School/Adult \$ 5pm - 10pm	
6pm	Youth Basketball League \$ 6:30pm - 8:30pm		Youth Basketball League \$ 6:30pm - 8:30pm				

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