



2023 Winter 2 Schedule
Group Exercise - LIVE @ YMCA of the Blue Water
Area
 February 27th - 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		
6am		Yoga - Medium Intensity 6am - 6:45am		Spinning 6am - 6:45am			
		Spinning 6am - 6:45am					
7am		Pickleball 7am - 10am		Pickleball 7am - 10am			
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	Yoga - Medium/High Intensity 8am - 9am	
	Fit in 30 - Strength & Conditioning-Mary-\$ 8:15am - 8:45am	Butts and Guts 8:15am - 9am	Fit in 30 - Strength & Conditioning-Mary-\$ 8:15am - 8:45am	Fit in 30 - Total Body - Elizabeth-\$ 8:30am - 9am		Couch to 5k 8am - 9am	
		Fit in 30 - Total Body - Elizabeth-\$ 8:30am - 9am				Spinning 8am - 8:45am	
9am	Cardio Tap Dance 9:15am - 10am	Body Blast 9:15am - 10am	Cardio Tap Dance 9:15am - 10am	Crush It 9:15am - 10am	Kickboxing 9:15am - 10am	Boot Camp 9am - 9:45am	
	Enhance Fitness - Level 1 9:15am - 10am	Crush It 9:15am - 10am	Enhance Fitness - Level 1 9:15am - 10am	Yoga - Low Intensity 9:15am - 10am	Enhance Fitness - Level 1 9:15am - 10am		
	Yoga - Medium/High Intensity 9:15am - 10am	Yoga - Low Intensity 9:15am - 10am	Yoga - High Intensity 9:15am - 10am		Yoga - High Intensity 9:15am - 10am		
10am	Senior Boot Camp 10:15am - 11am		Barre 10:15am - 11am		Senior Boot Camp 10:15am - 11am		
	Dance Aerobics 10:15am - 11am		Senior Boot Camp 10:15am - 11am		Dance Aerobics 10:15am - 11am		
12pm	Pickleball 12pm - 2pm		Pickleball 12pm - 2pm		Pickleball 12pm - 2pm		
4pm	Intervalocity (Spin & Tone) 4:30pm - 5:15pm		Intervalocity (Spin & Tone) 4:30pm - 5:15pm				
5pm	Ultimate Cardio Jam 5:30pm - 6:15pm	Spinning 5:30pm - 6:15pm		Ultimate Cardio Jam 5:30pm - 6:15pm		Futsal League High School/Adult \$ 5pm - 10pm	
6pm	ROCK Solid 6:30pm - 7:15pm	Couch to 5k 6pm - 7pm	Dance Aerobics Turn Up the Beat 6:30pm - 7:15pm	Couch to 5k 6pm - 7pm			
		No Limits Fitness (Strength & Conditioning) 6:30pm - 7:15pm	Qi Gong 6:30pm - 7:15pm	Yoga - Medium Intensity 6:30pm - 7:30pm			
		Yoga - Medium Intensity 6:30pm - 7:30pm		Spinning 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.



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9am	Yoga - High Intensity 9:15am - 10am	Yoga - Low Intensity 9:15am - 10am	Yoga - High Intensity 9:15am - 10am	Yoga - Low Intensity 9:15am - 10am	Yoga - High Intensity 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	Enhance Fitness - Level 1 9:15am - 10am		
10am					Dance Aerobics 10:15am - 11am		

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