



2023 Fall Schedule  
 Group Exercise - LIVE @ YMCA of the Blue Water  
 Area  
 September 4th - October 29th

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>Fit in 30 - Strength Training 101-Tina-\$</b> 5:30am - 6am	<b>Boot Camp</b> 5:30am - 6:15am		
6am		<b>Yoga - Medium Intensity</b> 6am - 7am		<b>Spin</b> 6am - 6:45am			
		<b>Spin</b> 6am - 6:45am					
7am		<b>Pickleball</b> 7am - 9am		<b>Pickleball</b> 7am - 9am			
8am	<b>Cardio &amp; Core Workout</b> 8:15am - 9am	<b>Pilates</b> 8am - 8:45am	<b>Cardio &amp; Core Workout</b> 8:15am - 9am	<b>Pilates</b> 8am - 8:45am	<b>Cardio &amp; Core Workout</b> 8:15am - 9am	<b>Yoga</b> 8am - 9am	
	<b>Fit in 30 - Strength &amp; Conditioning-Mary-\$</b> 8:15am - 8:45am	<b>Body Blast</b> 8:15am - 9am	<b>Fit in 30 - Strength &amp; Conditioning-Mary-\$</b> 8:15am - 8:45am	<b>Fit in 30 - Total Body - Elizabeth-\$</b> 8:30am - 9am		<b>Spin</b> 8am - 8:45am	
		<b>Fit in 30 - Total Body - Elizabeth-\$</b> 8:30am - 9am					
9am	<b>Cardio Tap Dance</b> 9:15am - 10am	<b>Crush It</b> 9:15am - 10am	<b>Cardio Tap Dance</b> 9:15am - 10am	<b>Crush It</b> 9:15am - 10am	<b>Enhance Fitness - Level 1</b> 9:15am - 10am	<b>Boot Camp</b> 9am - 9:45am	
	<b>Enhance Fitness - Level 1</b> 9:15am - 10am	<b>Yoga - Low Intensity</b> 9:15am - 10am	<b>Enhance Fitness - Level 1</b> 9:15am - 10am	<b>Yoga - Low Intensity</b> 9:15am - 10am	<b>Spin</b> 9:15am - 10am		
	<b>Yoga - Medium Intensity</b> 9:15am - 10am	<b>Spin</b> 9:15am - 10am	<b>Yoga - High Intensity</b> 9:15am - 10am		<b>Yoga - High Intensity</b> 9:15am - 10am		
10am	<b>Fit in 30 - Total Body - Elizabeth-\$</b> 10am - 10:30am		<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>Barre</b> 10:15am - 11am		<b>Dance Aerobics</b> 10:15am - 11am		
	<b>Dance Aerobics</b> 10:15am - 11am						
12pm	<b>Pickleball</b> 12pm - 2pm		<b>Pickleball</b> 12pm - 2pm		<b>Pickleball</b> 12pm - 2pm		
4pm	<b>Intervalocity (Spin &amp; Tone)</b> 4:30pm - 5:15pm	<b>Blue Water Otters Swim Team</b> 4:30pm - 6pm	<b>Intervalocity (Spin &amp; Tone)</b> 4:30pm - 5:15pm				
5pm	<b>Ultimate Cardio Jam</b> 5:30pm - 6:15pm	<b>Spin</b> 5:30pm - 6:15pm		<b>Fit in 30 - Strength &amp; Conditioning-Mary-\$</b> 5:15pm - 5:45pm			
				<b>Ultimate Cardio Jam</b> 5:30pm - 6:15pm			
6pm	<b>ROCK Solid</b> 6:30pm - 7:15pm	<b>Yoga - Medium Intensity</b> 6:30pm - 7:30pm	<b>Dance Aerobics Turn Up the Beat</b> 6:30pm - 7:15pm	<b>Spin</b> 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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MON	TUE	WED	THU	FRI	SAT	SUN
	<b>Full Body Strength</b> 6:30pm - 7:15pm		<b>Yoga - Medium Intensity</b> 6:30pm - 7:30pm			

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**2023 Fall Schedule**  
**Group Exercise - VIRTUAL @ YMCA of the Blue**  
**Water Area**  
 September 4th - October 29th

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 Port Huron, MI 48060  
 (810) 987-6400

	MON	TUE	WED	THU	FRI	SAT	SUN
<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>Pilates</b> 8am - 8:45am	<b>Cardio &amp; Core Workout</b> 8:15am - 9am	<b>Pilates</b> 8am - 8:45am	<b>Cardio &amp; Core Workout</b> 8:15am - 9am		
<b>9am</b>	<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	<b>Enhance Fitness - Level 1</b> 9:15am - 10am	<b>Enhance Fitness - Level 1</b> 9:15am - 10am		
	<b>Yoga - Medium Intensity</b> 9:15am - 10am	<b>Yoga - Low Intensity</b> 9:15am - 10am	<b>Yoga - High Intensity</b> 9:15am - 10am	<b>Yoga - Low Intensity</b> 9:15am - 10am	<b>Yoga - High Intensity</b> 9:15am - 10am		
<b>10am</b>	<b>Dance Aerobics</b> 10:15am - 11am				<b>Dance Aerobics</b> 10:15am - 11am		

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