



2023 Fall II Schedule
 Group Exercise - LIVE @ YMCA of the Blue Water
 Area
 October 30th - December 31st

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	Fit in 30 - Strength Training 101-Tina-\$ 5:30am - 6am	Boot Camp 5:30am - 6:15am		
6am		Yoga - Medium Intensity 6am - 7am		Spin 6am - 6:45am			
		Spin 6am - 6:45am					
7am		Pickleball 7am - 9am		Pickleball 7am - 9am			
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 Intensity 8am - 9am	
	Fit in 30 - Strength & Conditioning-Mary-\$ 8:15am - 8:45am	Body Blast 8:15am - 9am	Fit in 30 - Strength & Conditioning-Mary-\$ 8:15am - 8:45am	Fit in 30 - Total Body - Elizabeth-\$ 8:30am - 9am		Spin 8am - 8:45am	
	Tap Cardio-Beginner 8:45am - 9:15am	Fit in 30 - Total Body - Elizabeth-\$ 8:30am - 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	Boot Camp 9am - 9:45am	
	Cardio Tap Dance 9:15am - 10am	Yoga - Low Intensity 9:15am - 10am	Cardio Tap Dance 9:15am - 10am	Yoga - Low Intensity 9:15am - 10am	Spin 9:15am - 10am		
	Yoga - Medium Intensity 9:15am - 10am	Spin 9:15am - 10am	Yoga - High Intensity 9:15am - 10am		Yoga - High Intensity 9:15am - 10am		
10am	Fit in 30 - Total Body - Elizabeth-\$ 10am - 10:30am		Senior Boot Camp 10:15am - 11am		Dance Aerobics 10:15am - 11am		
	Dance Aerobics 10:15am - 11am		Barre 10:15am - 11am		Senior Boot Camp 10:15am - 11am		
	Senior Boot Camp 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	Spin 5:30pm - 6:15pm	Boot Camp 5:30pm - 6:15pm	Ultimate Cardio Jam 5:30pm - 6:15pm			
6pm	ROCK Solid 6:30pm - 7:15pm	Yoga - Medium Intensity 6:30pm - 7:30pm	Turn Up The Beat- Dance Aerobics 6:30pm - 7:15pm	Spin 6:30pm - 7:15pm			
		Full Body Strength 6:30pm - 7:15pm		Yoga - Medium Intensity 6:30pm - 7:30pm			

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.



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	Yoga - Medium 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		
10am	Dance Aerobics 10:15am - 11am				Dance Aerobics 10:15am - 11am		
11am	Enhance Fitness - Level 1 11:30am - 12:15pm		Enhance Fitness - Level 1 11:30am - 12:15pm		Enhance Fitness - Level 1 11:30am - 12:15pm		

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