



2023 Fall Schedule
 Gym - East @ 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	Boot Camp 5:30am - 6:15am		Boot Camp 5:30am - 6:15am		Boot Camp 5:30am - 6:15am		
6am	Open Gym 6:15am - 9:15am	Open Gym 6am - 7am	Open Gym 6:15am - 9:15am	Open Gym 6am - 7am	Open Gym 6:15am - 9:15am		
7am		Pickleball 7am - 9am		Pickleball 7am - 9am			
8am						Open Gym 8am - 5pm	
9am	Enhance Fitness - Level 1 9:15am - 10am	Open Gym 9am - 9pm	Enhance Fitness - Level 1 9:15am - 10am	Open Gym 9am - 12:15pm	Enhance Fitness - Level 1 9:15am - 10am		
10am	Senior Boot Camp 10:15am - 11am		Senior Boot Camp 10:15am - 11am		Senior Boot Camp 10:15am - 11am		
11am	Open Gym 11am - 12pm		Open Gym 11am - 12pm		Open Gym 11am - 12pm		
12pm	Pickleball 12pm - 2pm		Pickleball 12pm - 2pm	Home School Gym & Swim \$ 12:15pm - 1:15pm	Pickleball 12pm - 2pm		
1pm				Open Gym 1:15pm - 9pm			
2pm	Open Gym 2pm - 5:15pm		Open Gym 2pm - 5:30pm		Open Gym 2pm - 9pm		
5pm	Little Sporters (4-6 yrs old) 5:15pm - 6pm						
6pm	Open Gym 6pm - 9pm		Open Gym 6:30pm - 9pm				

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.



2023 Fall II Schedule
Gym - West @ 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		Boot Camp 5:30am - 6:15am		
6am	Open Gym 6:15am - 8:15am	Open Gym 6am - 9:15am	Open Gym 6:15am - 8:15am	Open Gym 6am - 9:15am	Open Gym 6:15am - 9:15am		
8am	Cardio & Core Workout 8:15am - 9am		Cardio & Core Workout 8:15am - 9am			Open Gym 8am - 5pm	
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		
10am	Senior Boot Camp 10:15am - 11am	Open Gym 10am - 5pm	Senior Boot Camp 10:15am - 11am	Open Gym 10am - 12:15pm	Senior Boot Camp 10:15am - 11am		
11am	Open Gym 11am - 12pm		Open Gym 11am - 12pm		Open Gym 11am - 12pm		
12pm	Pickleball 12pm - 2pm		Pickleball 12pm - 2pm	Home School Gym & Swim \$ 12:15pm - 1:15pm	Pickleball 12pm - 2pm		
1pm				Open Gym 1:15pm - 9pm			
2pm	Open Gym 2pm - 5:15pm		Open Gym 2pm - 9pm		Open Gym 2pm - 5pm		
5pm	Y Sports (Age 7-13) 5:15pm - 6pm	Youth Volleyball League- \$ 5pm - 8pm	Youth Volleyball League- \$ 5pm - 8pm	Youth Volleyball League- \$ 5pm - 8pm	Youth Volleyball League- \$ 5pm - 8pm		
6pm	Open Gym 6pm - 9pm						
8pm		Open Gym 8pm - 9pm			Open Gym 8pm - 9pm		

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.