



2024 Summer Schedule  
 Gym - East @ YMCA of the Blue Water Area  
 June 17th - September 1st

1525 Third Street  
 Port Huron, MI 48060  
 (810) 987-6400

	MON	TUE	WED	THU	FRI	SAT	SUN
6am		Pickleball 6:30am - 9am		Pickleball 6:30am - 9am			
9am	Enhance Fitness - Level 1 9:15am - 10am		Enhance Fitness - Level 1 9:15am - 10am		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	Warm World 11am - 12pm	Warm World 11am - 12pm	Warm World 11am - 12pm	Warm World 11am - 12pm	Warm World 11am - 12pm		
12pm	Pickleball 12pm - 2pm		Pickleball 12pm - 2pm		Pickleball 12pm - 2pm		
1pm			Youth Basketball Camp K-2nd Grade \$ 1pm - 2pm				
2pm			Youth Basketball Camp 3rd-5th Grade \$ 2pm - 3pm				
3pm	Warm World 3pm - 4:30pm	Warm World 3pm - 4:30pm	Warm World 3pm - 4:30pm	Warm World 3pm - 4:30pm	Warm World 3pm - 4:30pm		
5pm	Little Sporters (4-6 yrs old) 5:15pm - 6pm						

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>8am</b>	<b>Cardio &amp; Core Workout</b> 8:15am - 9am		<b>Cardio &amp; Core Workout</b> 8:15am - 9am				
<b>9am</b>	<b>Enhance Fitness - Level 1</b> 9:15am - 10am	<b>Crush It</b> 9:15am - 10am	<b>Enhance Fitness - Level 1</b> 9:15am - 10am	<b>Crush It</b> 9:15am - 10am	<b>Enhance Fitness - Level 1</b> 9:15am - 10am		
<b>10am</b>	<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>12pm</b>	<b>Pickleball</b> 12pm - 2pm		<b>Pickleball</b> 12pm - 2pm		<b>Pickleball</b> 12pm - 2pm		
<b>5pm</b>	<b>Y Sports (Age 7-13)</b> 5:15pm - 6pm		<b>Youth Volleyball League- \$</b> 5pm - 8pm				

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