



2023 Spring Schedule  
Gym - East @ YMCA of the Blue Water Area  
April 24th - June 18th

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>Boot Camp</b> 5:30am - 6:15am		
7am		<b>Pickleball</b> 7am - 10am		<b>Pickleball</b> 7am - 10am			
9am	<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		
10am	<b>Senior Boot Camp</b> 10:15am - 11am		<b>Senior Boot Camp</b> 10:15am - 11am		<b>Senior Boot Camp</b> 10:15am - 11am		
11am	<b>Warm World</b> 11am - 11:50am	<b>Warm World</b> 11am - 11:50am	<b>Warm World</b> 11am - 11:50am	<b>Warm World</b> 11am - 11:50am	<b>Warm World</b> 11am - 11:50am		
12pm	<b>Pickleball</b> 12pm - 2pm		<b>Pickleball</b> 12pm - 2pm	<b>Home School Gym &amp; Swim \$</b> 12:15pm - 1:15pm	<b>Pickleball</b> 12pm - 2pm		
5pm	<b>Little Sporters</b> 5:15pm - 6pm		<b>Youth Basketball Clinic \$</b> 5:30pm - 6:30pm				

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.



2023 Spring Schedule  
Gym - West @ YMCA of the Blue Water Area  
April 24th - June 18th

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>Boot Camp</b> 5:30am - 6:15am		
8am	<b>Cardio &amp; Core Workout</b> 8:15am - 9am		<b>Cardio &amp; Core Workout</b> 8:15am - 9am				
9am	<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		
10am	<b>Senior Boot Camp</b> 10:15am - 11am		<b>Senior Boot Camp</b> 10:15am - 11am		<b>Senior Boot Camp</b> 10:15am - 11am		
12pm	<b>Pickleball</b> 12pm - 2pm		<b>Pickleball</b> 12pm - 2pm	<b>Home School Gym &amp; Swim \$</b> 12:15pm - 1:15pm	<b>Pickleball</b> 12pm - 2pm		
5pm	<b>Y Sports</b> 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.