



2024 Spring Schedule
Gym - West @ YMCA of the Blue Water Area
 April 22nd - June 16th

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		
8am	Cardio & Core Workout 8:15am - 9am		Cardio & Core Workout 8:15am - 9am		Cardio & Core Workout 8:15am - 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		
10am	Senior Boot Camp 10:15am - 11am		Senior Boot Camp 10:15am - 11am		Senior Boot Camp 10:15am - 11am		
11am	Pickleball 11am - 12pm		Pickleball 11am - 12pm		Pickleball 11am - 12pm		
12pm	Pickleball 12pm - 2pm		Pickleball 12pm - 2pm	Home School Gym & Swim \$ 12:15pm - 2:15pm	Pickleball 12pm - 2pm		
5pm	Y Sports (Age 7-13) 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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5am	Boot Camp 5:30am - 6:15am		Boot Camp 5:30am - 6:15am		Boot Camp 5:30am - 6:15am		
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	Home School Gym & Swim \$ 12pm - 2pm	Pickleball 12pm - 2pm		
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			All Star Basketball Clinic 2 (COED 6th-8th Gr) \$ 5:30pm - 6:30pm				

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