



2024 Summer Schedule
 Group Exercise - LIVE @ 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		Spinning 6am - 6:45am		Spinning 6am - 6:45am			
8am	Fit in 30 - Strength & Conditioning-Mary-\$ 8:15am - 8:45am	Fit in 30 - Total Body - Elizabeth-\$ 8:30am - 9:30am	Fit in 30 - Strength & Conditioning-Mary-\$ 8:15am - 8:45am	Pilates 8am - 8:45am		Spinning 8am - 8:45am	
	Cardio & Core Workout 8:15am - 9am		Cardio & Core Workout 8:15am - 9am	Fit in 30 - Total Body - Elizabeth-\$ 8:30am - 9am			
	Cardio Tap Dance - Beginner 8:45am - 9:15am						
9am	Enhance Fitness - Level 1 9:15am - 10am	Qi Gong 9:15am - 10am	Enhance Fitness - Level 1 9:15am - 10am	Crush It 9:15am - 10am	Enhance Fitness - Level 1 9:15am - 10am		
	Cardio Tap Dance 9:15am - 10am	Crush It 9:15am - 10am	Cardio Tap Dance 9:15am - 10am	Yoga - Low Intensity 9:15am - 10am	Spinning 9:15am - 10am		
	Yoga - Medium Intensity 9:15am - 10am	Yoga - Low Intensity 9:15am - 10am	Yoga - High Intensity 9:15am - 10am				
10am	Fit in 30 - Total Body - Elizabeth-\$ 10am - 10:30am		Barre 10:15am - 11am		Dance Aerobics 10:15am - 11am		
	Dance Aerobics 10:15am - 11am		Senior Boot Camp 10:15am - 11am		Senior Boot Camp 10:15am - 11am		
	Senior Boot Camp 10:15am - 11am						
11am	Water Aerobics 11am - 11:45am	Water Aerobics 11am - 11:45am	Water Aerobics 11am - 11:45am	Water Aerobics 11am - 11:45am	Water Aerobics 11am - 11:45am		
4pm	Intervalocity (Spin & Tone) 4:30pm - 5:15pm		Intervalocity (Spin & Tone) 4:30pm - 5:15pm				
5pm	Spinning 5:30pm - 6:15pm	Spinning 5:30pm - 6:15pm		Ultimate Cardio Jam 5:30pm - 6:15pm			
6pm			Dance Aerobics Turn Up the Beat 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.



2024 Summer Schedule
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Water Area
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8am	Cardio & Core Workout 8:15am - 9am		Cardio & Core Workout 8:15am - 9am	Pilates 8am - 8:45am			
9am	Enhance Fitness - Level 1 9:15am - 10am	Enhance Fitness - Level 1 9:15am - 10am	Yoga - High Intensity 9:15am - 10am	Enhance Fitness - Level 1 9:15am - 10am	Enhance Fitness - Level 1 9:15am - 10am		
	Yoga - Medium Intensity 9:15am - 10am	Yoga - Low Intensity 9:15am - 10am	Enhance Fitness - Level 1 9:15am - 10am	Yoga - Low 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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