



YMCA of the Blue Water Area
January 22nd - January 28th

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

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
5am	Lap Swim Pool - Competition No Instructor 5am - 8am	Lap Swim Pool - Competition No Instructor 5am - 8am	2 Member Lap Lanes Pool - Competition No Instructor 5am - 11am	2 Member Lap Lanes Pool - Competition No Instructor 5am - 11am			2 Member Lap Lanes Pool - Competition No Instructor 5am - 11am
	2 Member Lap Lanes Pool - Competition No Instructor 5am - 11am	2 Member Lap Lanes Pool - Competition No Instructor 5am - 11am	Open Gym Gym - East No Instructor 5am - 8am	Lap Swim Pool - Competition No Instructor 5am - 8am			Lap Swim Pool - Competition No Instructor 5am - 8am
	Open Gym Gym - West No Instructor 5am - 6:30am	Boot Camp Gym - East Tina H 5:30am - 6:15am	Open Gym Gym - West No Instructor 5am - 6:30am	Boot Camp Group Exercise Tina H 5:30am - 6:15am			Boot Camp Group Exercise Tina H 5:30am - 6:15am
	Open Gym Gym - East No Instructor 5am - 8am	Boot Camp Gym - West Tina H 5:30am - 6:15am	Lap Swim Pool - Competition No Instructor 5am - 8am	Boot Camp Gym - West Tina H 5:30am - 6:15am			Boot Camp Gym - West Tina H 5:30am - 6:15am
	Fit in 30 - Pull-ups with Tina \$ Group Exercise Tina H 5am - 5:30am	Boot Camp Group Exercise Tina H 5:30am - 6:15am	Fit in 30 - HIIT with Tina \$ Group Exercise Tina H 5:30am - 6am	Boot Camp Gym - East Tina H 5:30am - 6:15am			Boot Camp Gym - East Tina H 5:30am - 6:15am
	Fit in 30 - Pull-ups with Tina \$ Group Exercise Tina H 5:30am - 6am						
6am	Kettlebells Group Exercise Mary M 6:30am - 7:15am	Spinning Group Exercise Michael E 6am - 6:45am	Open Gym Gym - East No Instructor 6:30am - 8am	Spinning Group Exercise Michael E 6am - 6:45am			Spinning Group Exercise Michael E 6am - 6:45am
	Open Gym Gym - East No Instructor 6:30am - 8am	Open Gym Gym - East No Instructor 6:15am - 8:30am	Kettlebells Group Exercise Mary M 6:30am - 7:15am	Open Gym Gym - East No Instructor 6:15am - 8:30am			Open Gym Gym - East No Instructor 6:15am - 8:30am
		Open Gym Gym - East No Instructor 6:30am - 8am		Open Gym Gym - East No Instructor 6:30am - 8am			Yoga - Multilevel Group Exercise Sherrie H 6:30am - 7:15am
							Open Gym Gym - East No Instructor 6:30am - 8am
7am					Open Gym Gym - West No Instructor 7am - 9am		
					Open Gym Gym - East No Instructor 7am - 9am		
					Lap Swim Pool - Competition No Instructor 7am - 8am		

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					2 Member Lap Lanes Pool - Competition No Instructor 7am - 11am		
					Spinning Group Exercise April S 7:15am - 8am		
					Fit in 30 - Total Body with Mary \$ Group Exercise Mary M 7:30am - 8am		
8am	Pickleball Gym - East No Instructor 8am - 11am	Aqua Pulse Pool - Competition Christine A 8am - 8:45am	Pilates Group Exercise Mary M 8am - 8:45am	Yoga - Multilevel Group Exercise Sue F 8am - 8:45am	Aqua Pulse Pool - Competition Dorinne C 8am - 8:45am		Yoga - Multilevel Group Exercise Sue F 8am - 8:45am
	Pickleball Gym - West No Instructor 8am - 11am	Current Walk Pool - Recreation No Instructor 8am - 9am	Pickleball Gym - West No Instructor 8am - 11am	Aqua Pulse Pool - Competition Christine A 8am - 8:45am	Spinning Group Exercise Instructor Rotates 8:15am - 9am		Aqua Pulse Pool - Competition Christine A 8am - 8:45am
	Open Swim Pool - Recreation No Instructor 8am - 9am	Yoga - Multilevel Group Exercise Sue F 8am - 8:45am	Pickleball Gym - East No Instructor 8am - 11am	Current Walk Pool - Recreation No Instructor 8am - 9am			Current Walk Pool - Recreation No Instructor 8am - 9am
	Pilates Group Exercise Mary M 8am - 8:45am	Core Power Group Exercise Tim B 8:15am - 9am	Open Swim Pool - Recreation No Instructor 8am - 9am	Core Power Group Exercise Tim B 8:15am - 9am			Core Power Group Exercise Tim B 8:15am - 9am
	Kick Boxing - Marysville Viking Group Exercise - Offsite Programs Tim B 8:45am - 9:30am	Gym Walk Gym - East No Instructor 8:30am - 9am	Kick Boxing - Marysville Viking Group Exercise - Offsite Programs Tim B 8:45am - 9:30am	Gym Walk Gym - West No Instructor 8:30am - 9am			Gym Walk Gym - West No Instructor 8:30am - 9am
		Yoga - Multilevel - Y Fort Gratiot Group Exercise - Offsite Programs Melissa S 8:30am - 9:15am		Gym Walk Gym - East No Instructor 8:30am - 9am			Gym Walk Gym - East No Instructor 8:30am - 9am
		Gym Walk Gym - West No Instructor 8:30am - 9am		TRX HIIT Group Exercise Mary M 8:30am - 9am			
9am	Power Splash Pool - Competition Alex E 9am - 9:45am	Fit in 30 - Strength & Conditioning - Interm \$ Group Exercise Mary M 9am - 10am	Power Splash Pool - Competition Alex E 9am - 9:45am	Enhance Fitness - Level 2 Group Exercise Sue S 9am - 10am	Swim Lessons Pool - Recreation Instructor Rotates 9am - 12pm		Gentle Yoga Group Exercise Sue F 9am - 9:45am

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TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
Fit in 30 - Member's Choice with Elizabeth \$ Group Exercise Elizabeth A 9am - 9:30am	Enhance Fitness - Mixed Level - St. Clair Group Exercise - Offsite Programs Patti G 9am - 10am	Fit in 30 - Member's Choice with Elizabeth \$ Group Exercise Elizabeth A 9am - 9:30am	Enhance Fitness - Level 2 Gym - East Sue S 9am - 10am	Enhance Fitness - Mixed Level Group Exercise Instructor Rotates 9am - 10am		Enhance Fitness - Level 2 Group Exercise Sue S 9am - 10am
Enhance Fitness - Mixed Level Group Exercise Instructor Rotates 9am - 10am	Warm World/Open Swim Pool - Recreation No Instructor 9am - 10am	Warm World/Open Swim Pool - Recreation No Instructor 9am - 10am	Enhance Fitness - Level 2 Gym - West Sue S 9am - 10am	Open Gym Gym - West No Instructor 9am - 3pm		Enhance Fitness - Mixed Level - St. Clair Group Exercise - Offsite Programs Patti G 9am - 10am
Warm World/Open Swim Pool - Recreation No Instructor 9am - 10am	Gentle Yoga Group Exercise Sue F 9am - 9:45am	Enhance Fitness - Mixed Level Group Exercise Instructor Rotates 9am - 10am	Open Swim Pool - Competition No Instructor 9am - 10am	Swim Lessons Youth and Family Instructor Rotates 9am - 12pm		Fit in 30 - Strength & Conditioning - Interm \$ Group Exercise Mary M 9am - 10am
Cardio-n-Core Group Exercise Jenny M 9:15am - 10am	Enhance Fitness - Level 2 Gym - West Sue S 9am - 10am	Cardio-n-Core Group Exercise Jenny M 9:15am - 10am	Warm World/Open Swim Pool - Recreation No Instructor 9am - 10am	Swim Lessons Pool - Competition Instructor Rotates 9am - 12pm		Fit in 30 - Strength & Conditioning \$ Group Exercise Mary M 9am - 10am
	Open Swim Pool - Competition No Instructor 9am - 10am		Zumba - Y Fort Gratiot Group Exercise - Offsite Programs Sara T 9am - 9:45am	Circuit Training Group Exercise Instructor Rotates 9:15am - 10am		Enhance Fitness - Level 2 Gym - West Sue S 9am - 10am
	Enhance Fitness - Level 2 Gym - East Sue S 9am - 10am		Step & Strength Group Exercise Colleen - Kimm - Sue 9:15am - 10am	Little Ninja's Youth and Family Joey M 9:15am - 10am		Open Swim Pool - Competition No Instructor 9am - 10am
	Enhance Fitness - Level 2 Group Exercise Sue S 9am - 10am		Enhance Fitness - Mixed Level - St. Clair Group Exercise - Offsite Programs Patti G 9:30am - 10:30am	Little Ninja's Gym - East Joey M 9:15am - 10am		Warm World/Open Swim Pool - Recreation No Instructor 9am - 10am
	Open Swim Pool - Recreation No Instructor 9am - 10am			Little Ninja's Group Exercise Joey M 9:15am - 10am		Enhance Fitness - Level 2 Gym - East Sue S 9am - 10am
	Step & Strength Group Exercise Colleen - Kimm - Sue 9:15am - 10am					Step & Strength Group Exercise Colleen - Kimm - Sue 9:15am - 10am
						HIIT - Y Fort Gratiot Group Exercise - Offsite Programs Elizabeth A 9:15am - 10am

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10am	Open Swim Pool - Recreation No Instructor 10am - 11am	Enhance Fitness - Mixed Level Gym - West Sue S 10am - 11am	Open Swim Pool - Recreation No Instructor 10am - 11am	Yoga - Free Flow - Y Fort Gratiot Group Exercise - Offsite Programs Jenny M 10am - 10:45am	Little Tumblers Group Exercise Jenna C 10:15am - 11am	Open Swim Pool - Competition No Instructor 10am - 1pm	Enhance Fitness - Mixed Level Gym - West Sue S 10am - 11am
	Silver Splash Pool - Competition Alex E 10am - 10:45am	Fit in 30 - Strength & Conditioning - Interm \$ Group Exercise Mary M 10am - 11am	Silver Splash Pool - Competition Alex E 10am - 10:45am	Water Safety - 4th Grade Pool - Recreation To Be Announced 10am - 11am	Little Tumblers Gym - East Jenna C 10:15am - 11am	2 Member Lap Lanes Pool - Competition No Instructor 10am - 11am	Arthritis Aquatics 1 Pool - Recreation Christine A 10am - 10:45am
	Brains and Balance Past 60 Group Exercise April S 10:15am - 11:15am	Aqua Pulse Pool - Competition Alex E 10am - 10:45am	Yoga - Multilevel Group Exercise Storm B 10:15am - 11am	Water Safety - 4th Grade Pool - Competition To Be Announced 10am - 11am	Little Tumblers Youth and Family Jenna C 10:15am - 11am	Open Gym Gym - West No Instructor 10am - 5pm	Aqua Pulse Pool - Competition Alex E 10am - 10:45am
	Tap Cardio Group Exercise Colleen K 10:15am - 11am	Arthritis Aquatics 1 Pool - Recreation Christine A 10am - 10:45am	Tap Cardio Group Exercise Vicki P 10:15am - 11am	Water Safety - 4th Grade Youth and Family To Be Announced 10am - 11am	Cardio-n-Core Group Exercise Instructor Rotates 10:15am - 11am	Family Swim River Toys Pool - Recreation No Instructor 10am - 1pm	Enhance Fitness - Mixed Level Group Exercise Sue S 10am - 11am
		Enhance Fitness - Mixed Level - St. Clair Group Exercise - Offsite Programs Patti G 10am - 11am		Aqua Pulse Pool - Competition Christine A 10am - 10:45am		Family Swim River Toys Youth and Family No Instructor 10am - 1pm	Enhance Fitness - Mixed Level - St. Clair Group Exercise - Offsite Programs Patti G 10am - 11am
		Enhance Fitness - Mixed Level Gym - East Sue S 10am - 11am		Enhance Fitness - Mixed Level Gym - West Sue S 10am - 11am		Open Gym Gym - East No Instructor 10am - 5pm	Enhance Fitness - Mixed Level Gym - East Sue S 10am - 11am
		Enhance Fitness - Mixed Level Group Exercise Sue S 10am - 11am		Enhance Fitness - Mixed Level Gym - East Sue S 10am - 11am		Open Gym Gym - West No Instructor 10am - 3pm	Aerobics Group Exercise Colleen K 10:15am - 11am
		Aerobics Group Exercise Colleen K 10:15am - 11am		Enhance Fitness - Mixed Level Group Exercise Sue S 10am - 11am			Meditation Group Exercise Melissa S 10:15am - 11am
				Aerobics Group Exercise Colleen K 10:15am - 11am			
11am	Warm World Gym - East No Instructor 11am - 12:15pm	2 Member Lap Lanes Pool - Competition No Instructor 11am - 4pm	Open Gym Gym - West No Instructor 11am - 12:15pm	Open Swim Pool - Competition No Instructor 11am - 12pm	2 Member Lap Lanes Pool - Competition No Instructor 11am - 4pm	2 Member Lap Lanes Pool - Competition No Instructor 11am - 4pm	Senior Boot Camp Gym - West Alex E 11am - 11:45am

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	Open Swim Pool - Competition No Instructor 11am - 12pm	Op VETSTRONG: Aqua Pulse Pool - Competition To Be Announced 11am - 11:45am	Warm World Gym - East No Instructor 11am - 12:15pm	Arthritis Aquatics 1 Pool - Recreation Christine A 11am - 11:45am	Family Yoga Youth and Family Jenna C 11:15am - 12pm		Enhance Fitness - Level 1 Group Exercise Linda H 11am - 12pm
	Arthritis Aquatics 2 Pool - Recreation Alex E 11am - 11:45am	Senior Boot Camp Group Exercise Alex E 11am - 11:45am	Arthritis Aquatics 2 Pool - Recreation Alex E 11am - 11:45am	Senior Boot Camp Group Exercise Alex E 11am - 11:45am	Family Yoga Gym - East Jenna C 11:15am - 12pm		Warm World Gym - East No Instructor 11am - 12:15pm
	Pickleball Gym - West No Instructor 11am - 12:15pm	Arthritis Aquatics 1 Pool - Recreation Christine A 11am - 11:45am	2 Member Lap Lanes Pool - Competition No Instructor 11am - 4pm	Enhance Fitness - Level 1 Group Exercise Linda H 11am - 12pm	Family Yoga Group Exercise Jenna C 11:15am - 12pm		Arthritis Aquatics 1 Pool - Recreation Christine A 11am - 11:45am
	2 Member Lap Lanes Pool - Competition No Instructor 11am - 4pm	Warm World Gym - East No Instructor 11am - 12:15pm	Open Swim Pool - Competition No Instructor 11am - 12pm	Operation VETSTRONG: Enhance Fitness Group Exercise To Be Announced 11am - 11:45am			Operation VETSTRONG: Gentle Yoga Group Exercise To Be Announced 11am - 11:45am
	TRX Group Exercise Mary M 11:30am - 12pm	Enhance Fitness - Level 1 Group Exercise Linda H 11am - 12pm	TRX Group Exercise Mary M 11:30am - 12pm	2 Member Lap Lanes Pool - Competition No Instructor 11am - 4pm			Senior Boot Camp Group Exercise Alex E 11am - 11:45am
		Open Swim Pool - Competition No Instructor 11am - 12pm		Warm World Gym - East No Instructor 11am - 12:15pm			2 Member Lap Lanes Pool - Competition No Instructor 11am - 4pm
		Senior Boot Camp Gym - West Alex E 11am - 11:45am		Senior Boot Camp Gym - West Alex E 11am - 11:45am			Open Swim Pool - Competition No Instructor 11am - 12pm
12pm	Lap Swim Pool - Competition No Instructor 12pm - 1pm	Open Swim Pool - Recreation No Instructor 12pm - 4pm	Lap Swim Pool - Competition No Instructor 12pm - 1pm	Open Swim Pool - Recreation No Instructor 12pm - 4pm	Splash Down - River, Toys, Slide Pool - Recreation No Instructor 12pm - 5pm		Open Swim Pool - Recreation No Instructor 12pm - 4pm
	Open Swim Pool - Recreation No Instructor 12pm - 1pm	Lap Swim Pool - Competition No Instructor 12pm - 1pm	Open Swim Pool - Recreation No Instructor 12pm - 1pm	Lap Swim Pool - Competition No Instructor 12pm - 1pm	Open Gym Gym - East No Instructor 12pm - 3pm		Lap Swim Pool - Competition No Instructor 12pm - 1pm
	Power Scuplt Group Exercise Mary M 12:10pm - 12:40pm	Spinning Group Exercise Elizabeth A 12:10pm - 12:40pm	Intensity Group Exercise Mary M 12:10pm - 12:40pm	Spinning Group Exercise Elizabeth A 12:10pm - 12:40pm	Splash Down - River, Toys, Slide Pool - Competition No Instructor 12pm - 5pm		Spinning Group Exercise Elizabeth A 12:10pm - 12:40pm
	Pickleball Gym - East No Instructor 12:15pm - 2:15pm	Adult Basketball Gym - East No Instructor 12:15pm - 3pm	Home School Gym Youth and Family Christen S 12:15pm - 1:15pm	Adult Basketball Gym - East No Instructor 12:15pm - 3pm	Splash Down - River, Toys, Slide Youth and Family No Instructor 12pm - 5pm		Adult Basketball Gym - East No Instructor 12:15pm - 3pm

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	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
1pm	Pickleball Gym - West No Instructor 12:15pm - 2:15pm	Adult Basketball Gym - West No Instructor 12:15pm - 3pm	Home School Gym Gym - East Christen S 12:15pm - 1:15pm	Adult Basketball Gym - West No Instructor 12:15pm - 3pm	Circuit - Adaptive Youth and Family Ali S 12:15pm - 1pm		Adult Basketball Gym - West No Instructor 12:15pm - 3pm
			Home School Gym Gym - West No Instructor 12:15pm - 1:15pm		Circuit - Adaptive Group Exercise Ali S 12:15pm - 1pm		
	Physical Therapy- Open Swim Pool - Competition No Instructor 1pm - 3pm	Enhance Fitness - Mixed Level - Y Fort Gratiot Group Exercise - Offsite Programs Keri S 1pm - 2pm	Physical Therapy- Open Swim Pool - Recreation No Instructor 1pm - 3pm	Enhance Fitness - Mixed Level - Y Fort Gratiot Group Exercise - Offsite Programs Keri S 1pm - 2pm	Dance Aerobics - Adaptive Youth and Family Sara Buck 1:15pm - 2pm	Splash Down - River, Toys, Slide Pool - Competition No Instructor 1pm - 4:30pm	Enhance Fitness - Mixed Level - Y Fort Gratiot Group Exercise - Offsite Programs Keri S 1pm - 2pm
	Physical Therapy- Open Swim Pool - Recreation No Instructor 1pm - 3pm	Open Swim Pool - Competition No Instructor 1pm - 3pm	Physical Therapy- Open Swim Pool - Competition No Instructor 1pm - 3pm	Open Swim Pool - Competition No Instructor 1pm - 3pm	Dance Aerobics - Adaptive Group Exercise Sara Buck 1:15pm - 2pm	Splash Down - River, Toys, Slide Pool - Recreation No Instructor 1pm - 4:30pm	Open Swim Pool - Competition No Instructor 1pm - 3pm
			Pickleball Gym - West No Instructor 1:15pm - 3:15pm			Family Wellness- Duffy Youth and Family No Instructor 1pm - 3pm	
			Pickleball Gym - East No Instructor 1:15pm - 3:15pm			Brazilian Jiu Jitsu Group Exercise Dwight A 1pm - 3pm	
			Home School Swim - Open Swim Pool - Competition Christen S 1:15pm - 2:15pm			Brazilian Jiu Jitsu Youth and Family Dwight A 1pm - 3pm	
			Home School Swim - Open Swim Youth and Family Christen S 1:15pm - 2:15pm			Splash Down - River, Toys, Slide Youth and Family No Instructor 1pm - 4:30pm	
			Home School Swim - Open Swim Pool - Recreation Christen S 1:15pm - 2:15pm				
	2pm	Open Gym Gym - West No Instructor 2:15pm - 5:45pm		Open Swim Pool - Recreation No Instructor 2:15pm - 4:30pm			
Open Gym Gym - East No Instructor 2:15pm - 3:15pm							

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3pm	Open Swim Pool - Competition No Instructor 3pm - 4pm	PHASD Swim Team Pool - Competition No Instructor 3pm - 5pm	PHASD Swim Team Youth and Family No Instructor 3pm - 4pm	Open Gym Gym - West No Instructor 3pm - 7pm	Futsal Gym - East To Be Announced 3pm - 9pm	Open Gym Gym - West No Instructor 3pm - 5pm	Open Gym Gym - West No Instructor 3pm - 5pm
	Open Swim Pool - Recreation No Instructor 3pm - 4pm	PHASD Swim Team Youth and Family No Instructor 3pm - 5pm	PHASD Swim Team Pool - Competition No Instructor 3pm - 4pm	PHASD Swim Team Pool - Competition No Instructor 3pm - 5pm	Futsal Youth and Family To Be Announced 3pm - 9pm		PHASD Swim Team Pool - Competition No Instructor 3pm - 5pm
	Warm World Gym - East No Instructor 3:15pm - 4:15pm	Open Gym Gym - West No Instructor 3pm - 5:30pm	Open Gym Gym - West No Instructor 3:15pm - 7pm	PHASD Swim Team Youth and Family No Instructor 3pm - 5pm	Futsal Gym - West To Be Announced 3pm - 9pm		PHASD Swim Team Youth and Family No Instructor 3pm - 5pm
		Warm World Gym - East No Instructor 3:15pm - 4:15pm	Warm World Gym - East No Instructor 3:15pm - 4:15pm	Warm World Gym - East No Instructor 3:15pm - 4:15pm			Warm World Gym - East No Instructor 3:15pm - 4:15pm
4pm	2 Member Lap Lanes Pool - Competition No Instructor 4pm - 8:30pm	2 Member Lap Lanes Pool - Competition No Instructor 4pm - 8:30pm	2 Member Lap Lanes Pool - Competition No Instructor 4pm - 8:30pm	2 Member Lap Lanes Pool - Competition No Instructor 4pm - 8:30pm	2 Member Lap Lanes Pool - Competition No Instructor 4pm - 7:30pm	2 Member Lap Lanes Pool - Competition No Instructor 4pm - 4:30pm	Open Swim Pool - Recreation No Instructor 4pm - 6pm
	Prime Time Pool - Recreation No Instructor 4pm - 4:45pm	Open Swim Pool - Recreation No Instructor 4pm - 6pm	Open Gym Gym - East No Instructor 4:15pm - 5:30pm	Open Swim Pool - Recreation No Instructor 4pm - 6pm			2 Member Lap Lanes Pool - Competition No Instructor 4pm - 8:30pm
	Prime Time Pool - Competition Instructor Rotates 4pm - 4:45pm	Open Gym Gym - East No Instructor 4:15pm - 9pm	Swim Lessons Pool - Competition Instructor Rotates 4:30pm - 6pm	Open Gym Gym - East No Instructor 4:15pm - 7pm			HIIT Group Exercise Mary M 4:30pm - 5:15pm
	Open Gym Gym - East No Instructor 4:15pm - 5:30pm	Intervalocity Group Exercise Elizabeth A 4:30pm - 5:15pm	Swim Lessons Pool - Recreation Instructor Rotates 4:30pm - 6pm	Spinning Group Exercise Patty M 4:15pm - 5pm			
	Porpoise Club Pool - Competition Brooke M 4:30pm - 5:30pm		Swim Lessons Youth and Family Instructor Rotates 4:30pm - 6pm				
	Circuit Training Group Exercise Elizabeth A 4:30pm - 5:15pm		Circuit Training Group Exercise Keri S 4:30pm - 5:15pm				
	Porpoise Club Youth and Family Brooke M 4:30pm - 5:30pm						
5pm	Hip Hop Cardio at SC4 Group Exercise - Offsite Programs To Be Announced 5pm - 5:45pm	Little Ninja's Group Exercise Joey M 5pm - 5:45pm	Yoga at SC4 Group Exercise - Offsite Programs Pat K 5pm - 5:45pm	H2O Flow Pool - Competition Missy J 5pm - 5:45pm	Family Swim River Toys Youth and Family No Instructor 5pm - 7:30pm		H2O Flow Pool - Competition Missy J 5pm - 5:45pm

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	Open Swim Pool - Recreation No Instructor 5pm - 6pm	H2O Flow Pool - Competition Missy J 5pm - 5:45pm	Kids Circuit Group Exercise Deklan R 5:30pm - 6:15pm	HIIT Group Exercise April S 5:15pm - 6pm	Family Swim River Toys Pool - Recreation No Instructor 5pm - 7:30pm		Nationals Futsal Youth and Family To Be Announced 5pm - 9pm
	Youth Basketball 6-9 Youth and Family To Be Announced 5:30pm - 6:30pm	Little Sporters Gym - West Deklan R 5:30pm - 6:15pm	Porpoise Club Youth and Family Brooke M 5:30pm - 6:30pm	Open Swim Pool - Competition No Instructor 5:45pm - 7pm	Open Swim Pool - Competition No Instructor 5pm - 7:30pm		Nationals Futsal Gym - West To Be Announced 5pm - 9pm
	H2O Flow Pool - Competition Dorinne C 5:30pm - 6:15pm	HIIT Group Exercise Tim B 5:30pm - 6:15pm	Kids Circuit Youth and Family Deklan R 5:30pm - 6:15pm				Nationals Futsal Gym - East To Be Announced 5pm - 9pm
	Zumba Group Exercise Danielle R 5:30pm - 6:15pm	Yoga - Multilevel - Y Fort Gratiot Group Exercise - Offsite Programs Sue F 5:30pm - 6:15pm	Porpoise Club Pool - Competition Brooke M 5:30pm - 6:30pm				Pound Fit Youth and Family April S 5:15pm - 6pm
	Youth Basketball 6-9 Gym - East To Be Announced 5:30pm - 6:30pm	Little Sporters Youth and Family Deklan R 5:30pm - 6:15pm	Spinning Group Exercise Patty M 5:30pm - 6:15pm				Pound Fit Group Exercise April S 5:15pm - 6pm
	Spinning Gym - West Patti G 5:45pm - 6:30pm		Kids Circuit Gym - East Deklan R 5:30pm - 6:15pm				Kick Boxing - Marysville Viking Group Exercise - Offsite Programs Tim B 5:15pm - 6pm
	Spinning Group Exercise Patty M 5:45pm - 6:30pm						Total Body Cardio Group Exercise Carissa B 5:30pm - 6:15pm
							Yoga - Multilevel - Y Fort Gratiot Group Exercise - Offsite Programs Sue F 5:30pm - 6:15pm
6pm	Splash Down - River, Toys, Slide Pool - Recreation No Instructor 6pm - 8pm	Family Swim River Toys Youth and Family No Instructor 6pm - 8pm	Splash Down - River, Toys, Slide Youth and Family No Instructor 6pm - 8pm	Splash Down - River, Toys, Slide Pool - Recreation No Instructor 6pm - 8pm	Family Wellness-Duffy Youth and Family No Instructor 6pm - 8pm		Blue Water Otters Pool - Competition Maggie M 6pm - 7pm
	Splash Down - River, Toys, Slide Youth and Family No Instructor 6pm - 8pm	Blue Water Otters Youth and Family Maggie M 6pm - 7pm	Fit in 30 - Lifting Basics with Toby Group Exercise Toby P 6pm - 6:30pm	Hip Hop Cardio Group Exercise Jackie R 6:30pm - 7:15pm			Blue Water Otters Youth and Family Maggie M 6pm - 7pm
	Yoga - Multilevel Group Exercise Sue F 6:30pm - 7:15pm	Family Swim River Toys Pool - Recreation No Instructor 6pm - 8pm	Splash Down - River, Toys, Slide Pool - Recreation No Instructor 6pm - 8pm				Family Swim River Toys Pool - Recreation No Instructor 6pm - 8pm

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	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
	Open Gym Gym - East No Instructor 6:30pm - 9pm	Blue Water Otters Pool - Competition Maggie M 6pm - 7pm	Blue Water Otters Youth and Family Maggie M 6:30pm - 7:30pm				Family Swim River Toys Youth and Family No Instructor 6pm - 8pm
	Blue Water Otters Youth and Family Maggie M 6:30pm - 7:30pm	Open Gym Gym - West No Instructor 6:30pm - 9pm	Blue Water Otters Pool - Competition Maggie M 6:30pm - 7:30pm				Chair Workout Group Exercise Jenny M 6:30pm - 7pm
	Open Gym Gym - West No Instructor 6:30pm - 9pm	Hip Hop Cardio Group Exercise Jackie R 6:30pm - 7:15pm	Hip Hop Cardio Group Exercise Jackie R 6:30pm - 7:15pm				Hip Hop Cardio Group Exercise Carissa B 6:30pm - 7:15pm
	Blue Water Otters Pool - Competition Maggie M 6:30pm - 7:30pm		Youth Strength Training Group Exercise Deklan R 6:30pm - 7:15pm				
	Spinning Group Exercise Patty M 6:30pm - 7:15pm		Youth Strength Training Youth and Family Deklan R 6:30pm - 7:15pm				
7pm	Open Swim Pool - Competition No Instructor 7:30pm - 8:30pm	Adult Swim Class - Advanced \$ Pool - Competition Maggie M 7pm - 8pm	Yoga - Multilevel Group Exercise Storm B 7pm - 7:45pm	Splash Down - River, Toys, Slide Youth and Family No Instructor 7pm - 8pm			Open Swim Pool - Competition No Instructor 7pm - 8:30pm
	HIIT Group Exercise Tim B 7:30pm - 8:15pm	Yin Yoga Group Exercise Storm B 7pm - 7:45pm	Pickleball Gym - West No Instructor 7pm - 8pm	Splash Down - River, Toys, Slide Pool - Competition No Instructor 7pm - 8:30pm			Yin Yoga Group Exercise Storm B 7pm - 7:45pm
		Brazilian Jiu Jitsu Group Exercise Dwight A 7:30pm - 8:15pm	Pickleball Gym - East No Instructor 7pm - 8pm	Nationals Futsal Gym - East To Be Announced 7pm - 9pm			
			Circuit Training Group Exercise Toby P 7:30pm - 8:15pm	Nationals Futsal Youth and Family To Be Announced 7pm - 9pm			
			Open Swim Pool - Competition No Instructor 7:30pm - 8:30pm	Nationals Futsal Gym - West To Be Announced 7pm - 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.