



**DeVos-Blum Family YMCA  
of Boynton Beach**

The YMCA of South Palm Beach County's mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

DeVos-Blum Family YMCA of Boynton Beach 9600 South Military Trail Boynton Beach, FL 33436  
www.ymcaspc.org 561.738.9622

<b>Aquatics</b>	Aquatics exercise classes are a valuable and effective alternative to "land" programs. Aquatics exercise reduces impact on joints, increases strength and improves flexibility. All fitness levels of swimmers and non-swimmers are welcome! All programs use the properties of water fitness equipment to create muscle strength, flexibility, and endurance.		
<b>Arthritis Plus</b>	This YMCA/Arthritis Foundation class is designed for those individuals who experience muscle and joint aches that result from arthritis. Classes are taught in a group setting with activities exercises to encourage strength, endurance and flexibility. This is a PAID PROGRAM. Swimming ability not required. All levels.	<b>Deep Water</b>	This deep water, gravity-free exercise class provides a wide variety of benefits including cardiovascular endurance, muscular strength, flexibility, and coordination. Pushing and pulling limbs against the resistance of the water can assist in building strength without stress on the joints. Participants will wear a floatation belt, a great choice for anyone with sensitive hips, knees or backs. Swimming ability required.
<b>Aqua Aerobics 1</b>	Start your day off on a bright note working on cardio, strength, flexibility and muscular endurance. This class uses both deep and shallow water movements to build a cardiovascular workout. We apply the properties of water to strengthen muscles, enhance flexibility and posture, and sharpen coordination. Use of water weights, noodles and gloves enhance your workout. Swimming ability not required. All levels.	<b>Stretch &amp; Tone</b>	A gentler workout, easy on the joints. To increase strength and flexibility using the properties of water. Using the buoyancy, resistance, and movement of water to strengthen muscles, enhance flexibility and posture, sharpen coordination and balance, and relax body and soul. Swimming ability not required. All levels.
<b>Water Walking</b>	Bring your walking inside. Water relieves the stress that is normally associated with dry land aerobics. Low impact workout focusing on gentle water exercises to improve range of motion and increase flexibility. Swimming ability not required. All levels.		
<b>Cardio</b>	Cardio classes increase heart rate, improve your overall cardiovascular & respiratory fitness and burn calories. Known for being upbeat and may incorporate step risers, dance, aerobic moves, punching bags, and bikes.		
<b>Cardio Blast/Express</b>	Enjoy a high tempo class that will quickly burn calories and get your heart rate going.	<b>Zumba/Zumba Kids/Zumba Parent Child</b>	Zumba classes fuse Latin rhythms and easy to follow moves to create a dynamic fitness party. The routines feature interval training sessions with fast and slow rhythms that incorporate Latin and International dances such as salsa, mambo, cha cha, meringue, regaton, samba, belly dance, hip hop and more.
<b>Cardio Cycle</b>	Bring outdoor cycling indoors in the Y's cardio cycling class. Low impact or high intensity, it's up to you. Your heart will pump, calories will burn and you'll leave feeling re-energized. Instructors help with proper body alignment and cycling techniques.		
<b>Combination</b>	Offer cardio and strength elements in one class. Busy schedules and obligations often force us to limit the time we spend exercising so we designed fitness classes that are both efficient and effective in burning calories, increasing muscular strength and endurance and giving you the variety you need to stay motivated.		
<b>Cardio Kickboxing</b>	Kick, punch and crunch your way to fitness with this high energy class!	<b>Senior Aerobics</b>	Cardiovascular workout geared for the older adult.
<b>Get Pumped</b>	Improve strength, flexibility, and balance using body awareness.	<b>Spin-N-Sculpt</b>	The best of both worlds. Get a great spin workout in AND sculpt your muscles. This class is a great way to get on track to reaching your fitness goals!
<b>Golden Fitness</b>	Strength and cardio designed for the middle age to older adult.	<b>Step-N-Tone</b>	Step your way to great glutes and legs with this energetic step class.
<b>Sculpt-N-Kick</b>	Sculpt lean & toned muscles in this high energy class!	<b>Zumba Strength</b>	Zumba Strength classes fuse strength elements with Latin rhythms and easy to follow moves to create a dynamic fitness party. The routines feature interval training sessions with fast and slow rhythms that incorporate Latin and International dances such as salsa, mambo, cha cha, meringue, regaton, samba, belly dance, hip hop and more.
<b>Spirit, Mind and Body</b>	Improve your physical fitness, but allow quiet time for reflection and stress reduction. These classes generally focus on breathing control, flexibility, balance and mental focus.		
<b>Chair Pilates</b>	A low impact form of Pilates utilizing a chair that is safe for all levels.	<b>Slow Stretch</b>	30 minutes dedicated to lengthening your muscles.
<b>Mat Pilates</b>	This class is a fabulous introduction to the phenomenon of Pilates! It is designed to increase "core" strength, improve flexibility, coordination and balance without adding bulk.	<b>Yoga/ Hatha Yoga</b>	Reduce your daily stress! Strengthen your spirit, mind and body in this no impact approach to exercise. The class is perfect for everyone. Don't forget your firm blanket or yoga mat and comfortably fitting clothes.
<b>Pilates/ Ultimate Pilates</b>	This class takes participants to the next level in the practice of Pilates. Challenging exercises designed to further improve core strength, balance and overall flexibility will be introduced and mastered.		
<b>Strength</b>	Strengthen and condition muscles as you incorporate dumbbells, barbells, body bars, bands, medicine balls, etc. Some classes may only utilize your own body weight to create resistance.		
<b>Body Sculpt</b>	Sculpt lean & toned muscles with this fat burning class!	<b>Functional Training</b>	Strength and cardio class designed to help with the ability to do your day-to-day tasks. Designed for the older adult.
<b>Foever Fit</b>	Designed for the middle aged to older adult, this class will offer the participant a safe, fun and effective workout that is simple to follow. Increased cardiovascular capacity, improved overall strength and range of motion are just some of the benefit enjoyed in this class.	<b>Ultimate Conditioning</b>	Gain upper and lower body strength while you chisel away at fat and tone your muscles.

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Schedule is Subject to Change. Schedule Begins 1/1/10



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**GROUP EXERCISE**  
JAN - MAR 2010

Must have a minimum of 4 participants to run a group exercise class.

AM TIME	Location	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
6:00am	GS	Cardio Cycle Glen */**/****		Cardio Cycle Glen */**/****		Cardio Cycle Glen */**/****		ALL CLASSES ARE 55 MINUTES IN LENGTH UNLESS OTHERWISE NOTED. All classes are subject to age restrictions. Please see Wellness Staff for details.		
7:15am	GS		Yoga Debye */**/****							
8:00am	GS	Ultimate Conditioning Dani */**/****		Sculpt-N-Kick Dani */**/****						
	POOL	Aqua Aerobics 1 45 min.	Aqua Aerobics 1 45 min.	Aqua Aerobics 1 45 min.	Aqua Aerobics 1 45 min.	Aqua Aerobics 1 45 min.				
8:30	GS		Ultimate Conditioning */**/****		Ultimate Conditioning Cary */**/****	Cardio Blast Cary */**/****	Cardio Express 25 min. Cary */**/****			
9:00am	GS	Ultimate Conditioning Dani */**/****		Cardio Cycle Brenda */**/****			Ultimate Conditioning Cary */**/****			
	MPR						Hatha Yoga 85 min. */**/****			
	POOL	Deep Water 45 min.	Stretch & Tone 45 min.	Deep Water 45 min.	Stretch & Tone 45 min.	Deep Water 45 min.				
9:30am	GS		Slow Stretch 25 min. Debye */**/****		Slow Stretch 25 min. Debye */**/****	Ultimate Pilates 85 min. Cathy */**/****				
10:00am	GS	Ultimate Pilates Cathy */**/****	Golden Fitness Debye */**/****	Get Pumped Brenda */**/****	Chair Pilates Debye */**/****		Cardio Cycle Hope */**/****			
	POOL	Water Walking 45 min.	Deep Water/ Water Walking 45 min.	Water Walking 45 min.	Deep Water/ Water Waking 45 min.	Water Walking 45 min.				
11:00am	GS	Forever Fit Cathy */**/****	Zumba Susan */**/****	Forever Fit Brenda */**/****	Zumba Strength Susan */**/****	Forever Fit Cathy */**/****	Senior Aerobics Debye */**/****	Cardio Cycle Christina */**/****		
	POOL	Arthritis Plus/Surf N Turf 45 min.	Arthritis Plus 45 min.	Arthritis Plus/Surf N Turf 45 min.	Arthritis Plus 45 min.	Arthritis Plus/Surf N Turf 45 min.				
PM TIME	Location	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
12:00pm	GS	Yoga Jessica */**/****	Mat Pilates Cathy */**/****	Yoga Alicia */**/****		Yoga Alicia */**/****	Zumba Jennifer */**/****	Zumba Jennifer */**/****		
1:00pm	GS	Functional Training Glen */**/****			Chair Yoga 85 min. Annette */**/****		Zumba Parent and Child Jennifer */**/****	Pilates Anita */**/****		
4:30pm	GS	Zumba Kids Jennifer 4:30 - 5:15		Zumba Kids Jennifer 4:30 - 5:15						
5:15:pm	GS			Zumba Kids Jennifer 4:30 - 5:15						
5:30pm	GS	Cardio Kickboxing Christina **/****	Step-N-Tone Colleen */**		Zumba Jennifer */**	Cardio Cycle Pam */**/****	TYPE OF CLASS AQUATICS CARDIO COMBINATION MIND, BODY, SPIRIT STRENGTH			
6:00pm	GS			Body Sculpt Debye */**						
6:15pm	POOL	Aqua Aerobics 1 45 min.		Aqua Aerobics 1 45 min.						
6:30pm	GS	Yoga Debye */**/****	Cardio Cycle Jamie */**/****		Cardio Cycle Renee */**/****					
7:00pm	GS			Cardio Cycle Glen */**/****	Aqua Aerobics 1 45 min.	Zumba Jennifer (7:00-7:55)				
7:30pm	GS	Mat Pilates Debye */**/****			Mat Pilates Debye */**/****					
									<u>Location of Class:</u> GS = Group Exercise Studio MPR = Multi-purpose Room POOL = Pool POOL = Lap Pool	

Class Intensity Level: \* Low \*\* Low & Moderate \*/\*\*/\*\*\*\* All Levels \*\*/\*\*\*\* Moderate & High \*\*\* High