

# GROUP EXERCISE

April 2009 - June 2009

DeVos-Blum Family YMCA of Boynton Beach  
 "We build strong kids, strong families, strong communities"



Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Weekend Spin Off: (6-7:00AM) with Glen		Speed & Time Trial Spin: (6-7:00AM) with Glen		Recovery Spin: (6-7:00 AM) with Glen	
7:15 AM		Yoga (7:15-8:15 AM) with Debye				
8:00 AM	Ultimate Conditioning (8:00-9:00AM) with Dani		Sculpt-N-Kick (8:15-9:00 AM) with Dani			
8:30 AM		Ultimate Conditioning (8:30-9:30AM) with Angela		Ultimate Conditioning: (8:30-9:30AM) with Cary	Ultimate Pilates (8:30-9:30 AM) with Cathy	Cardio Express 8:30-9:00
9:00 AM	Ultimate Conditioning: (9:00-10:00AM) with Dani		All Level Spin (9:00-10:00 AM) with Brenda			Ultimate Conditioning: (9-10:00 AM)
9:30 AM		Slow Stretch (9:30-10:00 AM)		Slow Stretch- (9:30-10:00 AM)	Cardio Blast (9:30-10:30 AM) with Cary	
10:00 AM	Ultimate Pilates: (10-11:00 AM) with Cathy	Golden Fitness: (10-11:00 AM) with Debye	Get Pumped (10:00-11:00 AM) with Brenda	Chair Pilates: (10-11:00 AM) with Debye		Hatha Yoga (MPR): (9:00-10:30 AM)
10:30 AM						
11:00 AM	Forever Fit (11 AM-12:00 PM) with Cathy	Zumba Gold: (11:00 -12:00 PM) with Susan	Forever Fit: (11-12:00 PM) with Brenda	Zumba-N-Tone: (11:00 -12:00 PM) with Susan	Forever Fit: (11 AM-12:00 PM) with Cathy	Senior Aerobics: (11-12:00 PM) Kids Capoeira (MPR) \$ Paid Class (11:00 AM-12:00 PM)
11:30AM						
12:00 PM	Yoga: (12:00-1:00 PM) with Jessica	Boot Camp \$ Paid Class (11:30 -12:30 PM)	Yoga: (12:00-1:00 PM) with Alicia	Boot Camp \$ Paid Class (11:30 -12:30 PM)	Yoga: (12:00-1:00 PM) with Alicia	Zumba (12:00- 1:00PM) with Jennifer
1:00 PM						
3:00 PM	Preschool Jazz \$Paid Class (3:15-4:00PM)	Preschool Ballet \$Paid Class (3:15-4:00PM)	Preschool Tap \$Paid Class (3-3:45PM)		De-Vos Blum Family YMCA of Boynton Beach	
4:00 PM	School-Age Jazz \$Paid Class (4:00-4:45 PM)	School-Age Ballet \$Paid Class (4:00-4:45 PM)	School-Age Tap \$Paid Class (3:45-4:30 PM)		we care	
4:30 PM				Kids Capoeira \$Paid Class (4:30-5:30 PM)	www.ymcaspbc.org	
5:30 PM	Cardio Kickboxing (5:30-6:30 PM) with Carly	Step-N-Tone (5:30-6:30 PM) with Colleen	Body Sculpt (6:00-7:00 PM) with Pam	Zumba: (5:30-6:30 PM) with Jennifer	Friday Night Spin (5:30-6:30 PM) with Glen	Facility closes at 6:00 pm
6:00 PM		Boot Camp Nights \$Paid Class (6:00-7:00 PM)		Boot Camp Nights \$Paid Class (6:00-7:00 PM)		
6:30 PM	Yoga: (6:30-7:30 PM) with Debye	The Straightaway (6:30-7:30 PM) w/ Jamie	Spin (7:00-8:00 PM) with Pam	California Ride: (6:30-7:30 PM) with Renee	Zumba: (6:40-7:40 PM) with Jennifer	<b>Type of Class</b> Red = Strength Green = Cardio Orange = Combo Purple = Spirit, Mind & Body Blue = Paid Class
7:00 PM						
7:30 PM	Pilates Mat (7:30-8:30) with Debye	Capoeira (MPR) \$ Paid Program (7:00-8:00 PM)		Pilates Mat (7:30-8:30 PM) with Debye	Capoeira (MPR) \$ Paid Program (7:00-9:00 PM)	
8:00 PM				Capoeira (MPR) (7:00-8:00 PM)		