



## Peter Blum Family YMCA of Boca Raton

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.

GROUP EXERCISE  
JAN - MAR 2010

AM TIME	Location	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:15am	ICS	Cardio Cycle 45 min. Heather */**/****		Cardio Cycle 45 min. Heather */**/****		Cardio Cycle 45 min. Heather */**/****		ALL CLASSES ARE 55 MINUTES IN LENGTH UNLESS OTHERWISE NOTED.  <small>All classes are subject to age restrictions. Please see Wellness Staff for details.</small>	
8:00am	GS	Forever Fit 45 min. Anna */**/****	Senior Strength 45 min. Anna */**/****	Forever Fit 45 min. Anna */**/****	Senior Strength 45 min. Anna */**/****	Forever Fit 45 min. Anna */**/****			
	POOL	Shallow Water 45 min.	Shallow Water 45 min.	Shallow Water 45 min.	Shallow Water 45 min.	Shallow Water 45 min.			
8:30am	GS						Zumba Jennifer R */**/****		
	DS		Yoga Elisa */**/****		Yoga Elisa */**/****				
	POOL						Shallow Water 45 min.		
8:45am	ICS	Cardio Cycle 45 min. Mayte */**/****		Cardio Cycle 45 min. Jen */**/****		Cardio Cycle 45 min. Mayte */**/****	Cardio Cycle 45 min. David */**/****		
9:00am	GS	Kickbox & Core Jen/Ginger */**/****	Strength Ginger */**/****	Step Strength Diane */**/****	Strength Ginger */**/****	Kickbox & Core Carolina */**/****			Cardio Cycle 45 min. Jen/Mayte/Nadine */**/****
	ICS								
	POOL	Deep Water 45 min.	Deep Water 45 min.	Deep Water 45 min.	Deep Water 45 min.	Shallow Water 45 min.			
9:30am	GS						Step Strength Diane/Ginger/Nadine */**/****		
	DS						Mat Pilates Cathy */**/****		
	ICS		Cardio Cycle Jen **/****		Cardio Cycle Christine **/****				
10:00am	POOL	Water Walking 45 min.		Water Walking 45 min.		Water Walking 45 min.			
	GS	Pilates Anna */**/****	Zumba Regina */**/****	Pilates Anna */**/****	Zumba Regina */**/****	Pilates Carolyn */**/****	Zumba Meka/Jennifer */**/****		
11:00am	GS						Yoga Liz **/****		
11:30am	GS		Movement Disorder		Movement Disorder				
PM TIME	Location	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
12:30pm	POOL		Movement Disorder		Movement Disorder		<h3 style="margin: 0;">Type of Class</h3> <p style="margin: 0; font-size: 1.2em;">Aquatics</p> <p style="margin: 0; font-size: 1.5em;">Cardio</p> <p style="margin: 0; font-size: 1.5em;">Combination</p> <p style="margin: 0; font-size: 1.2em;">Mind, Body, Spirit</p> <p style="margin: 0; font-size: 1.5em;">Strength</p>		
3:00pm	FC		Indoor Boot Camp Adam */**/****		Indoor Boot Camp Adam */**/****				
5:30pm	GS					Zumba Jennifer R. */**/****			
5:45pm	DS	Mat Pilates Cathy */**/**** 45 min.		Mat Pilates Cathy */**/**** 45 min.					
6:00pm	GS	Step Strength Haydee */**/****	Cardio Strength Nancy */**/****	Cardio Strength Abby */**/****	Cardio Strength Nancy */**/****				
	POOL	Deep Water 45 min.		Deep Water 45 min.					
6:30pm	ICS	Cardio Cycle 45 min. Andrea */**/****	Cardio Cycle 45 min. Nadine */**/****	Cardio Cycle 45 min. Christine */**/****	Cardio Cycle 45 min. Carolyn */**/****				
	MPR		Yoga Elisa */**/****		Yoga Elisa */**/****				
7:00pm	GS	Cardio Dance Marcio */**/****	Strength Diane */**/****	Kickbox & Core Abby */**/****	Strength Stephanie */**/****				

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



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**6631 Palmetto Circle South, Boca Raton, FL 33433 - 561-395-9622 - [www.ymcaspbc.org](http://www.ymcaspbc.org)**

<b>Aquatics</b>	<b>Aquatic exercise classes are a valuable and effective alternative to "land" programs. Aquatic 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 and water fitness equipment to create muscle strength, flexibility, and endurance.</b>		
<b>Deep Water</b>	Traditional deep water aqua fitness moves will strengthen your cardiovascular system, improve your core strength and tone your muscles. Aqua belts are used to suspend and support you in the deep water.	<b>Shallow Water</b>	Improve cardiovascular fitness, core strength, stability and flexibility. This is a cardiovascular aerobic class in the shallow water. Water dumbbells and noodles are used to assist your workout.
<b>Movement Disorder</b>	This shallow water class is open to all members who want to improve posture, strength and balance.	<b>Water Walking</b>	This class is designed to cater to people with physical limitations and for anyone looking to workout in the water at their own pace. Instructor lead exercises focus on increased range of motion, core and joint stability, balance and flexibility and improved muscular strength.
<b>Cardio</b>	<b>Cardio classes increase heart rate, improve your overall cardiovascular &amp; respiratory fitness and burn calories. Known for being upbeat and may incorporate step risers, dance, aerobic moves, punching bags, and bikes.</b>		
<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>Zumba</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, reggaeton, samba, belly dance, hip hop and more.
<b>Cardio Dance</b>	Join the fun! Shake your hips as your instructor incorporates dances such as salsa, mambo, cha cha and meringue that will boost your heart rate and burn those calories.		
<b>Combination</b>	<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>		
<b>Cardio Strength</b>	A fat burning and complete body-sculpting workout in one. Raise your heart rate in the aerobic segment and then top it off with some challenging toning exercises	<b>Kickbox &amp; Core</b>	This combo class will give you one awesome workout! Start off with cardio moves including kicks, jabs, and punches. Follow it up with stabilization exercises designed to increase abdominal and lower back strength.
<b>Forever Fit</b>	Designed for the middle aged to older adult, this class will offer the participant a safe, fun and effective workout that's simple to follow. Increased cardiovascular capacity, improved overall strength and range of motion are just some of the benefits enjoyed in this class.	<b>Movement Disorder</b>	Specifically designed for persons with symptoms of Parkinson's disease, this land class is open to all members who want to improve posture, strength and balance. Exercises targeted to improve slowness of movements, balance and muscle rigidity.
<b>Indoor Boot Camp</b>	The ultimate in overall conditioning! We provide a wide selection of fresh workouts for anyone who is tired of doing the same thing every day. Workouts will include cardiovascular training, circuit strength training, agility drills, and more.	<b>Step Strength</b>	An oldie but a goodie! Get fantastic cardio conditioning with this classic workout that incorporates fluid movements with the elevation of a step and then add some strengthening exercises to give yourself a total body workout.
<b>Spirit, Mind and Body</b>	<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>		
<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</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</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>	<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>		
<b>Strength</b>	A strengthening class incorporating traditional weight training exercises such as squats, presses, lifts and curls. All major muscle groups are worked using barbells, dumbbells or other equipment.	<b>Senior Strength</b>	Designed specifically for the middle aged to older adult, this 45 minute class will help increase bone density, strengthen and tone muscles and improve balance and coordination using several different modes and equipment.

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Schedule is Subject to Change. Schedule Begins 1/01/10