

JULY Group Exercise SCHEDULE



**Peter Blum Family YMCA
Of Boca Raton
6631 Palmetto Circle South
Boca Raton, FL 33433**

**All Group Fitness Classes Are
Held In Our Group Fitness
Studio Unless Otherwise Noted
on Schedule.**

**Please refer to Indoor Cycle
Schedule for all Indoor Cycle Class
Options**

Mission Statement:
*To put Christian principles into practice
through programs that build
healthy spirit, mind and body for all.*

**Contact Wendy Fiswell at 237-0934 or at
wfriswell@ymcaspb.org**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-8:45am Young at Heart (+,B)	8:30-9:30am Yoga (+,B),(A) Dance Studio	8:00-8:45am Young at Heart (+,B)	8:00-9:00am Yoga (B),(A)	8:00-8:45am Young at Heart (+,B)	9:00-10:00am H.I.T. (B),(A)	
8:30-9:30 am Yoga (+,B),(A) Dance Studio	9:30-10:15am Senior Strength & Tone (+,B)	NEW TIME 9:00-9:45am Mat Pilates (B),(J) Dance Studio	9:30-10:15am Senior Strength & Tone (+,B)	9:00-9:30am Good to the Core (B),(A)	9:30-10:30am Mat Pilates (B),(J) Dance Studio	
9:00-10:00am H.I.T. (L,A)	12:15-1:00pm Cardio Lathno Dance (B),(A)	9:00-10:00am H.I.T. (L,A)	5:45-6:30pm Mat Pilates (B),(J)	9:30-10:30am Kickbox & Core (L,A)	10:00-11:00am Build A Body (B),(A)	
10:30-11:30am Powerhouse Pilates (B),(A)	6:30-7:30pm Forever Fit (B),(J)	10:30-11:30am Powerhouse Pilates (B),(A)	6:30-7:30pm Forever Fit (B),(J)	10:30-11:30am Powerhouse Pilates (B),(A)	11:00-12:00pm Belly Dance (B),(A)	
12:15-1:00pm Build A Body (B),(A)	6:30-7:30pm Yoga (B),(A) Dance Studio	6:30-7:30 pm Sweatshop (B),(A)	6:30-7:30pm Yoga (B),(A) Dance Studio	6:45-7:45pm Adult Hip Hop (B),(A)		
5:45-6:30pm Mat Pilates (B),(J)	7:30-8:30pm Build A Body (B),(A)	7:00-8:00pm Flamenco (B),(A) Dance Studio	7:30pm-8:30pm Build A Body (B),(A)			
6:30-7:30pm Step n' Sculpt (B),(A)						
7:30-8:30pm Cardio Latino Dance (B),(A)						

