

# OUTDOOR PERFORMANCE



Break away from the Wellness Center for a workout outdoors in the Outdoor Performance Area. Enjoy a workout to push yourself beyond your comfort zone.

Located through hallway between Group Exercise and Cycle studios.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

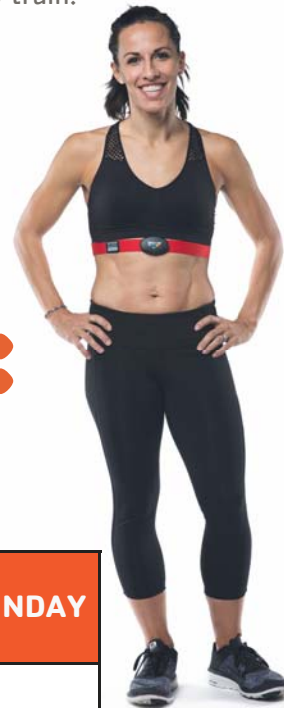
## MYZONE

### HEART RATE MONITOR

Not all fitness tracking monitors are equal. MYZONE's MZ-3 is the most relevant fitness tracker on the market. Using Bluetooth, ANT+ and Analog technology to provide real time feedback on heart rate, calories, and effort, the MZ-3 ensures that you get accurate feedback on all of your exercise, wherever and however you choose to train.

- Track your heart rate with 99.4% accuracy
- Store up to 16 hours of exercise data
- Sync with your phone using Bluetooth 4.0
- View your live effort stream on group displays in the gym
- Automatic e-mail feedback motivates you to stay on track

## MYZONE EXPERIENCE: SMALL GROUP PERSONAL TRAINING



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM		HOLRICH (30 min)		HOLRICH (30 min)		HOLRICH (30 min)	
6:30 PM	HOLRICH (30 min)		HOLRICH (30 min)				

# FITNESS PROGRAM GUIDE

AGE 8 - ADULT



Peter Blum Family YMCA  
6631 Palmetto Circle South  
Boca Raton, FL 33433  
561-395-9622  
www.ymcaspbc.org

AnnTaylor Clawson  
Director of Healthy Living  
561-237-0935  
aclawson@ymcaspbc.org

# NEW MEMBERS

## Exercise Orientation

Do you want to get into better shape? See and feel results? Lose some weight, feel more energy, look more toned? Whatever your goals, you are more likely to be successful if you help us, help you. Our staff will devote 30 minutes to help you get started with a basic exercise program, boost your metabolism and teach you fundamental exercise principles and proper use of the machines. Come dressed for exercise and ready for a light workout and you will be on your way!

To schedule call: 561-237-0935  
Free to new members (a \$45 value)

## Complimentary Personal Training Session / Fitness Assessment

If you are interested in personal training, but are hesitant to make that personal commitment, this is your chance to give it a try! Open to all new members who have not already purchased any personal training package in the calendar year. Learn the importance of how aggressively you should be working-out as well as determining your current baseline. Experience what it's like to have a professional guide your exercise regimen and provide motivational encouragement along the way.

To schedule call: 561-237-0935  
Free to new members (a \$70 value)

## Fitness 101

For beginners and exercise enthusiast alike, meet with our Wellness Staff in this group class to learn new exercises and equipment in our Wellness Center. Class will be 30 mins and consist of cardio and strength.

Begins April 2nd  
Monday's at 9:00 AM or 6:00 PM  
FREE TO MEMBERS



# KIDS & TEENS

## Youth Fitness Fundamentals

This class instructs teens how to work out safely and effectively within the Y Wellness Center. It introduces basic muscle anatomy, exercise concepts and guidelines, gym etiquette and safety practices. Once youth have successfully completed the program, they will be allowed to work out in Wellness Center without parental supervision.

**Ages:** 11 - 15  
**Members:** \$25  
**Schedule:** (Classes are continuously offered)  
Fridays at 6:00 PM, Saturdays & Sundays at 2:00 PM

## Teen Squad Training

Teen Squad Training harmonizes fun and exercise in a dynamic setting for teenagers of all physical capacities. Experience the Outdoor Performance Training Area in an interactive circuit design, enhancing the mixture of physically challenging obstacles and play. An encouraging certified personal trainer will lead each class to help reinforce positive healthy habits. Class creativity will spark interest, expect to see the following fitness equipment: cones, hurdles, battle ropes, sleds, dumbbells, jump ropes and even punching bags.

**Ages:** 11 - 15  
**Members:** \$10 single session / \$50 single month  
**Schedule:** Tuesdays & Thursdays at 6:00 PM

## Wellness Center

Our Wellness Center features over 50 individual pieces of cardiovascular equipment, including NEW Upright Bikes, NEW Elliptical Fitness Crosstrainers™, NEW Adaptive Motion Trainers® with Open Stride™ treadmills and NEW Spinning Bikes!

**Ages 8 - 10:** May use the cardio equipment only and must be under the direct supervision of an adult at all times.

**Ages 11 - 15:** May use the strength equipment upon completion of Youth Fitness Fundamentals.

**Ages 16+:** May use Wellness Center freely.

# PREMIUM SERVICES

## Registration

To sign-up for any premium service, inquire at the front desk or contact the director of Healthy Living, AnnTaylor Clawson at 561-237-0935 or aclawson@ymcaspb.org

## Personal Training

Whether you are a novice to exercise, training to improve performance in a sport, or need guidance and motivation to get your fitness program on track, our certified personal trainers are ready to create an individualized exercise program that will meet your specific goals.

*Personal Training is open to members only. All packages expire 90 days from date of purchase.*

30-Min Sessions:	60-Min Sessions:
1 Session - \$45	1 Session - \$70
4 Sessions - \$140	4 Sessions - \$246
8 Sessions - \$264	8 Sessions - \$466
12 Sessions - \$360	12 Sessions - \$644
20 Sessions - \$520	20 Sessions - \$1,020

## Specialized Personal Training (same rates at Personal Training sessions)

### Pre & Post Natal

Moms tend to take care of everyone in the family before themselves. Put mom first, and provide her with a safe exercising environment with a certified personal trainer. Individual sessions include:

- Safe strengthening exercises
- Strategic movements and stretching
- Educational nutritional guidance



### Boxing PT

One-on-one boxing encompasses the technical aspects of boxing with core strengthening exercises. Learn boxing skills such as correct form in throwing jabs, hooks and uppercuts, while working at your own pace. Experience this elevated training in our new Outdoor Performance Training area. (Bring your own boxing gloves)



## Group Personal Training

Sometimes working out with a partner or a small group is the best way to consistently exercise and have fun while doing it. Group personal training is a more cost efficient method of exercise and training with a great friend is always motivational.

**Partner 30-Min :** 8 Sessions - \$180 (per member)  
**Partner 60-Min:** 8 Sessions - \$360 (per member)  
**Group 60-Min:** 12 Sessions - \$120 (per member / 4-6)  
**Squad 60-Min:** 8 Sessions - \$50 (per member / 10 or more)

## Premium Group Exercise

Experience group exercise in our **New Outdoor Performance Training Area.**

**Drop-in - \$10**  
**Monthly - \$50 / month**

### Women's Only Boxing Circuit: Mondays & Fridays at 9:00 AM

Women who are either new to boxing or experienced fighters, can get a great workout in this class. Experience timed stations that will incorporate punching bags, jump ropes, battle ropes, pull-up bars and more. Each station will challenge your speed, power and endurance. (Bring your own gloves)

## Pilates Stick

Get all of the movements of Pilates mat class with the added benefit of tower workout moves, all with the twist of a stick.

**Tuesdays:** 9:15 AM  
**Cost:** \$10 per class (space is limited)

**Location:** Dance Studio

