



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITNESS PROGRAM GUIDE

Ages 5 – Adult



DeVos-Blum Family YMCA
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Boynton Beach, FL 33436
561-738-9622
www.ymcaspbc.org

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Wellness Director
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ADULTS

 Online

Performance Training

Challenge yourself with our Small Group Training classes designed to help you get in the best shape of your life. We are offering a performance training package that allows members to attend ALL performance training classes including Bootcamp.

Single Person Unlimited Classes \$55/ Monthly
OR

Single Class/Drop In ... \$10/ Session

- *Must be registered to take any classes
- *Class space is limited and is a first come, first serve basis.
- *Registered participants receive first priority

Please look at performance training flyer for class schedule



 Online

Boot Camp

Boot Camp is a results-driven conditioning program that runs twice weekly, at 60 minute durations per session. It is conducted in an outdoor environment, utilizing a military-style format, coupled with the most progressive, innovative, and creative exercises in fitness. Boot Camp is also a great way to get individualized attention while learning to enhance your health and perfect your routine.

Member: \$15/month

Scheduling:

Tue & Thur: 9-10am; 6-7pm

HIIT

A sports-inspired, interval training workout designed to build strength and stamina. HIIT combines athletic, aerobic movements with strength and stabilization exercises.

FREE TO MEMBERS. NO REGISTRATION REQUIRED

Scheduling:

Mon & Wed 7-8a.m



Personal Training

 Online

Whether you are a novice to exercise, training to improve performance in a sport, or need guidance and motivation to get your fitness program back 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.

30-Min Sessions:

- 1 Session: \$45
- 4 Sessions: \$140
- 8 Sessions: \$264
- 12 Sessions: \$360
- 24 Sessions: \$624

60-Min Sessions:

- 1 Session: \$70
- 4 Sessions: \$246
- 8 Sessions: \$466
- 12 Sessions: \$644
- 24 Sessions: \$1224

Introductory Special: 4x 30-Min Sessions for \$99

FREE WELLNESS ORIENTATION FOR MEMBERS! SEE THE BACK PAGE FOR INFORMATION.

KIDS & TEENS

Afterschool Fit Clinic Online

This program is designed to help teens and youth lose/maintain weight or acquire an athletic edge. Kids have an opportunity to work with a personal trainer and a group of their peers. Students will be taught different methods of exercise and nutrition in hope to develop a lifestyle of healthy habits and confidence.

Program run through the school year.

Ages: 10 and up



Members: \$50/month

Scheduling:

Mon & Wed: 5:15pm



Karate

Karate includes a great mixture of cardiovascular endurance, strength, training and flexibility exercises designed to benefit the whole  body. Instructors at the Y continue to research  the best training methods known to the fitness world.

Ages: 5 and up

Member: \$59/month* **Non-Member:** \$85/month*

**Discounts available for additional children. Equipment fee applies.*

Scheduling:

Beginner: Wed & Fri, 6:15-7pm
Saturday, 12pm

Regular: Wed & Fri, 7-8:00pm
Saturday, 12pm

Youth Fundamentals Online

This program will introduce youth to the Wellness Center and its equipment. These courses are required for youth to be able to use the equipment which includes, cardio machines and strength training machines (no free weights). This program is a series of 4 phases. Phase 1 is orientation to the gym, phase 2 is learning the anatomy of muscles, phase 3 is learning how to use the equipment, and phase 4 is a practical assessment to demonstrate knowledge learned. Upon completion participants will receive a lanyard that will indicate they have completed this program and are allowed to use the equipment in the Wellness Center.

Ages: 11-15

Member: \$40 (please sign up at front desk prior to course)

**Phases must be done in order, but do not have to be done in the same week.*

Session Schedule: *Must complete ALL phases to use the Wellness Center unsupervised.*

- Phase-1 Monday 6pm-7pm
- Phase-2 Tuesday 6pm-7pm
- Phase-3 Wednesday 6pm-7pm
- Phase- 4 Thursday 6pm-7pm



Wellness 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!

Ages: 16+

Member: FREE

Scheduling: Please call 561-738-9622.

What you can do at the Y if you're:

	Ages 8-9	Ages 10-12	Ages 13-15	Ages 16-17	YFF 11-15
May not use the Fitness Center, unless with a Y program	X				
Can use Cardio Machines <i>(with parent supervision)</i>		X	X		
Can use Strength Equipment <i>(with parent supervision)</i>			X		
Can attend Group Exercise classes <i>(with parent supervision)</i>			X		
Can attend spin classes <i>(without parent supervision)</i>				X	X
Can use Cardio Machines <i>(without parent supervision)</i>				X	X
Can use Strength Equipment <i>(without parent supervision)</i>				X	X
Can attend Group Exercise classes <i>(without parent supervision)</i>				X	X

Financial Aid

Not many people think of the YMCA as a non-profit organization. However, we are a registered 501(c)(3) non-profit organization and due to the generosity of contributions from our Annual Campaign, we are able to raise funds for financial assistance programs, memberships and capital improvements.

Download the application!

<http://www.ymcaspbc.org/financial-aid/>