

# 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
- 30 Day Money-Back Guarantee

See Wellness Staff to try a demo belt today!

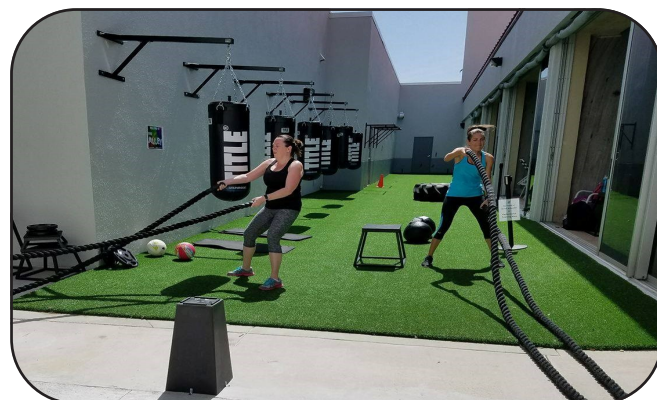
Available for purchase at the front desk for \$75



## PREMIUM TRAINING SMALL GROUP PERSONAL TRAINING

60 MINUTES - \$10 PER SESSION - MAXIMUM 6 PARTICPANTS All level are welcome!

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM		HOLRICH		HOLRICH		HOLRICH



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FITNESS PROGRAM GUIDE

AGE 8 -  
ADULT



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561-395-9622  
www.ymcaspbc.org

Emily Gates  
Director of Healthy Living  
561-237-0935  
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# NEW MEMBERS

## SMART START 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 program is a series of three personalized appointments, 30 to 60 minutes long, designed to support you in pursuit of your health and wellness goals. A Smart Start specialist will meet with you to discuss your needs and interests and together you will develop a plan for success. Come dressed for exercise and ready for a light workout and you will be on your way!

To schedule call: 561-237-0935

## Complimentary Personal Training Session

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)

## 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.

# KIDS & TEENS

## Cardio Kids

This one on one session teaches your child how to properly use the cardio equipment and the benefits of cardiovascular exercise. *Appointments can be made at the Front Desk.*

**Ages:** 8 - 10 **Members:** Included

## 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:** Included

**Schedule:** (Classes are continuously offered) Teens must complete four classes. *Schedule with the Front Desk.*

## YMCA Run Club

Join motivated individuals as they set out on a path to health and happiness!

There will be 2 training sessions per week consisting of 1 hour coached session with Trainer, Zoe DaSilva. Practice will include running form, pacing, interval drills, strength training and running endurance.

**When:** Tuesdays 8am & Thursdays 8 am

Free & open to all members!



# PREMIUM SERVICES

## Registration

To sign-up for any premium service, inquire at the front desk or contact the Director of Healthy Living, Emily Gates at 561-237-0935 or egates@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.

Specialized Personal Training options available for Pre & Post Natal and Boxing.

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

### 30-Min Sessions:

1 Session - \$45  
4 Sessions - \$140  
8 Sessions - \$264  
12 Sessions - \$360  
20 Sessions - \$520

### 60-Min Sessions:

1 Session - \$70  
4 Sessions - \$246  
8 Sessions - \$466  
12 Sessions - \$644  
20 Sessions - \$1,020

**INTRO PACKAGE FOR NEW CLIENTS ONLY:**

**4-30 Min Sessions: \$99**

**3-60 Min Sessions: \$149**

**We have training options for you!**

**Training options in the gym,, outside or virtually from the comfort of your own home! Contact us today!**

## 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)

## Tai Chi

Tai = big or great. Chi = ultimate energy. Tai chi is an ancient form of exercise consisting of slow, beautiful, relaxed movements that develops a sense of balance and harmony between mind and body.

**Fridays:** 1- 1:45 PM

**Cost:** Free for Members

Non Members- \$25

**Location:** Group Exercise Studio



## FIT Kids & FIT Teens

Kids and Teens get moving in this 45 minute class that incorporates body weight exercises, calisthenics,, and fitness games to keep youth moving in a fun, engaging way!

**Ages:** 5-10: Mon/Wed 4pm

**Ages:** 11-16: Mon/Wed 5pm

**Cost:** Members: \$55 Non-Members: \$85

