



DeVos-Blum Family YMCA of Boynton Beach
December 1 - December 31

9600 S Military Trail
Boynton Beach, FL 33436
5617389622

	MON	TUE	WED	THU	FRI	SAT	SUN
6am	Spin Group Exercise Room (Aerobic Classes) Tracy F 6:15am - 7am		Spin Group Exercise Room (Aerobic Classes) Tracy F 6:15am - 7am		Spin Group Exercise Room (Aerobic Classes) Tracy F 6:15am - 7am		
8am	Aqua Aerobics Family Pool Kristie W 8am - 8:45am	Spin Group Exercise Room (Aerobic Classes) Kathy W 8am - 8:45am	Cardio Kickbox Group Exercise Room (Aerobic Classes) Dani A 8am - 8:45am	Aqua Aerobics Family Pool Kristie W 8am - 8:45am	Interval Conditioning Group Exercise Room (Aerobic Classes) Dani A 8am - 8:45am		Strong Nation Group Exercise Room (Aerobic Classes) Alina O 8:30am - 9:15am
	Ultimate Conditioning Group Exercise Room (Aerobic Classes) Dani A 8:30am - 9:15am	Aqua Aerobics Family Pool Debbie B 8am - 8:45am	Aqua Aerobics Family Pool Kristie W 8am - 8:45am	Spin Group Exercise Room (Aerobic Classes) Kathy W 8am - 8:45am	Aqua Aerobics Family Pool Kristie W 8am - 8:45am		
9am		Deep Water Aerobics Lap Pool Coraliz L 9am - 9:45am	Total Body Strength Group Exercise Room (Aerobic Classes) Dani A 9am - 9:45am	Deep Water Aerobics Lap Pool Coraliz L 9am - 9:45am	Yoga Group Exercise Room (Aerobic Classes) Ed F 9am - 10am	Hatha Yoga Multipurpose Room (Aerobic Classes) Ed F 9am - 10am	Pound Group Exercise Room (Aerobic Classes) Alina O 9:45am - 10:30am
		Yoga Flex Group Exercise Room (Aerobic Classes) Kathy W 9:15am - 10:15am		Yoga Flex Group Exercise Room (Aerobic Classes) Kathy W 9:15am - 10:15am			
10am	Mat Pilates Group Exercise Room (Aerobic Classes) Donna G. 10am - 10:45am	Aqua Aerobics Family Pool Mercia G 10am - 10:45am	Mat Pilates Group Exercise Room (Aerobic Classes) Donna G. 10am - 10:45am	Aqua Aerobics Family Pool Debbie B 10am - 10:45am	Aqua Aerobics Family Pool Kristie W 10am - 10:45am	Spin Group Exercise Room (Aerobic Classes) Cindy L 10am - 10:45am	
	Aqua Aerobics Family Pool Mercia G 10am - 10:45am	Bootcamp - Back Patio (Aerobic Classes) Kevin . 10:30am - 11:30am	Aqua Aerobics Family Pool Mercia G 10am - 10:45am		Parkinson's Exercise Class Basketball Gymnasium Coraliz L 10am - 10:45am		
	Peddling for Parkinson's Beginner Spin Group Exercise Room (Aerobic Classes) Tracy F 10:30am - 11:15am		Parkinson's Exercise Class Basketball Gymnasium Coraliz L 10am - 10:45am				
11am		Zumba Group Exercise Room (Aerobic Classes) Emily S 11am - 11:50am	Pound Group Exercise Room (Aerobic Classes) Jinny Reel 11am - 11:45am	Zumba Group Exercise Room (Aerobic Classes) Melissa R 11am - 11:45am	Forever Fit I Group Exercise Room (Aerobic Classes) Shaina W 11:30am - 12:15pm	Forever Fit I Multipurpose Room (Aerobic Classes) Rosalind M 11am - 11:45am	Chair Yoga Group Exercise Room (Aerobic Classes) Shaina W 11am - 11:45am
						Zumba Group Exercise Room (Aerobic Classes) Emily S 11am - 11:50am	

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



DeVos-Blum Family YMCA of Boynton Beach
November 1st - November 30th

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	MON	TUE	WED	THU	FRI	SAT	SUN
12pm	Tone, Tighten and Balance Group Exercise Room (Aerobic Classes) Carol L 12pm - 12:45pm		Tone, Tighten and Balance Group Exercise Room (Aerobic Classes) Carol L 12pm - 12:45pm				Yogalates Group Exercise Room (Aerobic Classes) Mercia G 12:15pm - 1pm
1pm		Chair Pilates Group Exercise Room (Aerobic Classes) Shaina W 1:30pm - 2:15pm		Chair Pilates Group Exercise Room (Aerobic Classes) Shaina W 1:30pm - 2:15pm			
5pm	Zumba Group Exercise Room (Aerobic Classes) Melissa R 5:30pm - 6:15pm	Total Body Strength Group Exercise Room (Aerobic Classes) Colleen F 5:30pm - 6:15pm	Strong Nation Group Exercise Room (Aerobic Classes) Eleanor Craft 5:30pm - 6:15pm	Pound Group Exercise Room (Aerobic Classes) Alina O 5:30pm - 6:15pm			
6pm	Tabata & Core Back Patio (Aerobic Classes) Eleanor Craft 6pm - 6:45pm	Bootcamp - Back Patio (Aerobic Classes) Kevin (Family Boot Camp) m 6pm - 6:45pm	Yoga Multipurpose Room (Aerobic Classes) Annette B 6:30pm - 7:30pm	Bootcamp - Back Patio (Aerobic Classes) Kevin . 6pm - 7pm	Power 60 Group Exercise Room (Aerobic Classes) Rosalind M 6pm - 6:45pm		
	Yoga Multipurpose Room (Aerobic Classes) Annette B 6:30pm - 7:30pm	Power 60 Group Exercise Room (Aerobic Classes) Rosalind M 6:30pm - 7:15pm		Zumba Group Exercise Room (Aerobic Classes) Emily S 6:30pm - 7:15pm			
	Pound Group Exercise Room (Aerobic Classes) Alina O 6:30pm - 7:15pm						
7pm		Aqua Aerobics Family Pool Debbie B 7pm - 7:45pm			Spin Group Exercise Room (Aerobic Classes) Rosalind M 7pm - 7:45pm		
		Spin Group Exercise Room (Aerobic Classes) Alexandra O 7:30pm - 8:15pm					

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Class Descriptions

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Aqua Aerobics - We apply the properties of water to strengthen muscles, enhance flexibility, develop cardiovascular endurance, posture and coordination. We vary the classes using different equipment.

Bootcamp - High intensity class that mixes traditional calisthenic and body weight exercises with interval training and strength training. Encouraged to build up to running sprints, perform lots of push up and various forms of plyometric & interval training.

Cardio Kickbox - This awesome workout starts off with cardio moves including kicks, jabs, and punches. Follow it up with stabilization exercises designed to increase abdominal and lower back strength.

Chair Pilates - A low impact form of Pilates utilizing a chair that is safe for all levels.

Chair Yoga - Teaches movements that can be done while seated. The movements emphasize flexibility, balance, and range of motion, strength, and increased lung capacity. Methods of relaxation are also included.

Deep Water Aerobics - Gravity FREE, you are suspended in the water - flexibility will result from the increased range of motion. Cardiovascular endurance is improved, and this is a great program for those with sensitive hips, knees, and/or backs. Swimming ability encouraged

Forever Fit I - Forever Fit improves your balance, flexibility, bone density, endurance, coordination, and mental sharpness and decreases your risk of falling. Classes are beneficial to all ages and abilities, including those with physical limitations or newcomers.

Hatha Yoga - Hatha Yoga helps you achieve balance between mind and body through physical poses or Asanas, breathing techniques, or Pranyama and meditation. Asanas are body positions designed to improve health. Pranayama is the science of breath control.

Interval Conditioning - This class offers an amazing amount of variety with each workout targeting a specific goal. It focuses on agility, balance, mobility, and visible results.

Parkinson's Exercise Class - This class is designed to help develop overall physical fitness, strength, endurance, flexibility, balance, and mobility. For those with Parkinson's or Physical Limitations.

Peddling for Parkinson's Beginner Spin - A basic introduction to indoor cycle taught by certified Parkinson's Cycle instructors. This class has shown to help in symptom management of the disease.

Pound - Using Ripstix®, POUND® transforms drumming into an effective way of working out. Burn up to 900+ calories per hour, strengthen and sculpt muscles, & drum your way to a leaner, slimmer physique – all while rocking out to your favorite music

Power 60 - 60 Minutes of Strength training, cardio, core, work, and stretching.

Spin - Bring outdoor cycling indoors. Low impact but, high intensity! Cycle your way to a FIT YOU!

Strong Nation - STRONG Nation is the first non-dance based class from the fitness brand. The newest of all Zumba classes revolves around high-intensity interval training, but still focuses on moving to the beat

Tabata & Core - Scientifically-designed cardio and strength workout using 4-minute-high-intensity intervals to give you the fastest results in the least amount of time.

Tone, Tighten and Balance - This class is designed to make you more functional in your daily life. We will work on improving range of motion, working every major muscle group to improve strength, mobility, posture, balance, and maybe even your golf swing.

Total Body Strength - Strength training class using a variety of weight equipment (dumbbells, body bars, stability balls and bands) to shape and tone your body and build lean muscle.

Ultimate Conditioning - Gain upper and lower body strength while you chisel away at fat and tone your muscles.

Yoga - Establish true relaxation and strengthen our spirit, mind and body in this non-impact approach to exercise. This is an intermediate level of Yoga don't forget your yoga mat.

Yoga Flex - This class combines a variety of styles and techniques designed to improve flexibility, balance, coordination, and overall strength. We will connect our mind, body, and breath. Yoga experience recommended.

Yogalates - A fusion of yoga and pilates, this class is designed to help get you stronger, fitter, leaner, and more flexible.

Zumba - These 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 many different types of dance.