



Peter Blum Family YMCA of Boca Raton

December 5th - December 11th

6631 Palmetto Circle South

Boca Raton, FL 33433

(561) 395-9622

	SUN 5	MON 6	TUE 7	WED 8	THU 9	FRI 10	SAT 11
5am		Spin Indoor Cycle Deniece M 5:45am - 6:30am	Total Body Strength Group Exercise Room Joan J 5:45am - 6:45am	Spin Indoor Cycle Brianna Silva 5:45am - 6:30am	Total Body Strength Group Exercise Room Joan J 5:45am - 6:45am	Spin Indoor Cycle Deniece M 5:45am - 6:30am	
8am		Aqua Combo Lap Pool Diane L 8am - 8:45am	Aqua Combo Lap Pool Janet W 8am - 8:45am	Yoga Group Exercise Room Celia C 8am - 9am	Aqua Combo Lap Pool Janet W 8am - 8:45am	Aqua Combo Lap Pool Diane L 8am - 8:45am	Spin Indoor Cycle Emily E 8am - 8:45am
		Yoga Group Exercise Room Ganna I 8am - 9am	Barre-Flex Group Exercise Room Jennifer S 8am - 9am	Aqua Combo Lap Pool Diane L 8am - 8:45am	Running Club Outside Pavilion Zoe I 8am - 9am	Spin Indoor Cycle AnnTaylor C 8am - 9am	
		Spin Indoor Cycle Martin A 8am - 8:45am	Running Club Outside Pavilion Zoe I 8am - 9am	Spin Indoor Cycle Brianna Silva 8am - 8:45am	Spin Indoor Cycle AnnTaylor C 8am - 8:45am	Yoga Group Exercise Room Tracy Kurland 8am - 9am	
			Spin Indoor Cycle AnnTaylor C 8am - 8:45am		Upbeat Barre Group Exercise Room Kristi W 8am - 9am		
9am	30/30 Barre/Pilates Group Exercise Room Jennifer S 9am - 10am	HIGH Fitness Group Exercise Room Briauna G 9am - 10am	Bootcamp - Outdoor Performance Area Amir A 9am - 10am	Cardio Box Kick & Core Group Exercise Room Zoe I 9am - 10am	Bootcamp - Outdoor Performance Area Amir A 9am - 10am	P90X Group Exercise Room Diana Simpson 9am - 10am	HIGH Fitness Basketball Gymnasium Briauna G / Lindsey B 9am - 10am
		Les Mills CORE Group Exercise Room Ganna I 9am - 9:30am	Les Mills BODYPUMP Group Exercise Room Cindy L 9am - 10am	Aqua Deep Water Challenge Lap Pool Diane L 9am - 9:45am	Les Mills BODYPUMP Group Exercise Room Cindy L 9am - 10am		Spin Indoor Cycle Sammie C 9am - 10am
		Stroller Strength Outside Pavilion Emily G 9am - 10am	Zumba Dance Studio Johana o 9am - 10am	Stroller Strength Outside Pavilion Emily G 9am - 10am	Les Mills CORE Dance Studio AnnTaylor C 9am - 9:30am		Zumba Dance Studio Melissa M 9am - 10am
		Aqua Deep Water Challenge Lap Pool Diane L 9am - 9:45am		Zumba Dance Studio Claudia P 9am - 10am			
10am	Les Mills Core/Bodycombat Fusion Group Exercise Room Cindy L 10:30am - 11:30am		Les Mills BODYCOMBAT Basketball Gymnasium Jules K 10am - 11am	30/30 Barre/Pilates Group Exercise Room Jennifer S 10am - 11am	Les Mills BODYCOMBAT Basketball Gymnasium Zoe I 10am - 11am	Zumba Dance Studio Claudia P 10am - 11am	Pilates Multi Purpose Room (MPR) Cathy D 10am - 11am
			Aqua Combo Lap Pool Amir A 10am - 10:45am		Aqua Combo Lap Pool Amir A 10am - 10:45am	Aqua Deep Water Challenge Lap Pool Elyse B 10am - 10:45am	P90X Group Exercise Room Diana Simpson 10am - 11am
			Cardio Mix Group Exercise Room Rita G 10:15am - 11:15am		Cardio Mix Group Exercise Room Rita G 10:15am - 11:15am	Pilates Group Exercise Room Jennifer S 10am - 11am	

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.



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	SUN 5	MON 6	TUE 7	WED 8	THU 9	FRI 10	SAT 11
11am	Yoga Multi Purpose Room (MPR) Amir A 11:30am - 12:30pm	Silverfit Basketball Gymnasium Nancy T 11:15am - 12pm	Chair Yoga Group Exercise Room Anna P 11:15am - 12pm	Silverfit Basketball Gymnasium Nancy T 11:15am - 12pm	Chair Yoga Group Exercise Room Donna H 11:15am - 12pm	Silverfit Basketball Gymnasium Nancy T 11:15am - 12pm	Barre-Flex Group Exercise Room Jennifer S 11am - 12pm
							Aqua Combo Lap Pool Diana Simpson 11:30am - 12:15pm
12pm			Surf n' Turf Group Exercise Room Anna P 12pm - 12:45pm	Peddling for Parkinson's Beginner Spin Indoor Cycle Anna P 12pm - 12:45pm	Surf n' Turf Group Exercise Room Anna P 12pm - 12:45pm	Tai Chi Group Exercise Room Elaine w 12:30pm - 1:30pm	
1pm			Aqua Surf n' Turf Family Pool Amir A 1pm - 1:45pm		Aqua Surf n' Turf Family Pool Amir A 1pm - 1:45pm		
4pm			Family Zumba Group Exercise Room Rita G 4:30pm - 5:15pm		YOGA FAMILY 5yrs-up w/ Adult Outside Pavilion Ganna I 4:30pm - 5pm		
5pm		Cardio Step Mix Group Exercise Room Rita G 5pm - 6pm	STEP EXTREME Dance Studio Joan J 5pm - 5:30pm	Cardio Step Mix Group Exercise Room Rita G 5pm - 6pm	STEP EXTREME Dance Studio Joan J 5pm - 5:30pm	Cardio Step Mix Group Exercise Room Rita G 5pm - 6pm	
			Barre-Flex Group Exercise Room Jennifer S 5:45pm - 6:45pm		H.I.I.T Group Exercise Room Rita G 5:45pm - 6:45pm		
6pm		Pilates Multi Purpose Room (MPR) Cathy D 6pm - 7pm	Universal Training Outdoor Performance Area Amir A 6pm - 6:45pm	Pilates Multi Purpose Room (MPR) Cathy D 6pm - 7pm	Universal Training Outdoor Performance Area Amir A 6pm - 6:45pm		
		Les Mills BODYPUMP Group Exercise Room Jessica H 6:15pm - 7:15pm	Spin Indoor Cycle Sammie C 6:15pm - 7pm	Les Mills BODYPUMP Group Exercise Room Jessica H 6:15pm - 7:15pm	Spin Indoor Cycle Emily E 6:15pm - 7pm		
		Spin & Shred Indoor Cycle Debi S 6:15pm - 7:15pm	Yoga Dance Studio Amir A 6:45pm - 8pm	Spin & Shred Indoor Cycle Debi S 6:15pm - 7:15pm			
7pm		Zumba Group Exercise Room Yesenia G 7:15pm - 8:15pm	Zumba Group Exercise Room Paola R 7pm - 8pm	Zumba Group Exercise Room Johana o 7:15pm - 8:15pm	Zumba Group Exercise Room Paola R 7pm - 8pm		

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