

COMMUNITY HEALTH PROGRAMS

LiveSTRONG

is a 12-week exercise program for cancer survivors. Small groups meet with specialized trainers for support to help the participants meet their individualized goals. Pre and post assessments allow participants to see gains they make with consistent attendance. Open to members and non-members. Registration required.

Date: Starting February 22nd for 12 weeks

When: Tuesdays and Thursdays (time TBD based on enrollment)

Cost: No cost thank you to funding from Community Care Plan
Diabetes Self-Management Program

is a 6-week program for anyone with diabetes, prediabetes and partners/spouses/caretakers may attend as well. Topics include nutrition overview, action planning, stress, portion control, blood sugar monitoring, physical activity, medication management, decision making and more. Attendance incentives include glucometers and gift cards. Open to members and non-members. Registration required.

Date: Starting February 4th for 6 weeks

When: 10:00am-12:30pm

Where: Delray Senior Resource Center, 708 W. Atlantic Avenue, Delray Beach, FL 33444

Cost: No cost thank you to funding from Health Care District of Palm Beach County and partnership with the Diabetes Coalition of Palm Beach County

Blood Pressure Self-Monitoring

is for adults 18+ who have high blood pressure or on medication for high blood pressure. Participants meet with a healthy heart ambassador for a 10-minute coaching session 2 times/month and participants attend a monthly nutrition seminar once a month. Blood pressure cuffs are provided to those who do not have one. Enrollment is ongoing. Open to members and non-members. Registration required.

Date: Wednesdays*

When: 10:00am-12:00pm

Where: Wellness Center Community Health Office

Cost: No cost thank you to funding from Baptist Health South Florida

EnhanceFitness

is an evidence based exercise program for those who have arthritis or are at risk for falls. The program meets for 16 weeks, 3 times a week for a 1 hour structured exercise class with a focus on balance, building strength and flexibility. Pre and post program assessments show participants the gains they make with consistent attendance. Registration required.

Dates: Starting February 28th for 16 weeks

When: Monday, Wednesday, Fridays, 12:15pm-1:15pm

Cost: free for members, \$45/month non-members

Parkinson's Cycle and Surf and Turf

is a land and water based program for those living with Parkinson's Disease. Half of the class in on land and half is in the water. Caretakers are welcome to join. Classes are ongoing.

Dates: Tuesdays and Thursdays

When: 12:00pm-2:00pm

Cost: free for members, \$40/month non-members

Parkinson's Dance

is a fun low impact dance class led by trained dance instructors through a partnership with the American Parkinson Disease Association. Caretakers are welcome to join. Classes are ongoing and open to members and non-members.

Dates: Sundays

When: 12:30pm-2:00pm

Cost: free for members and non-members thank you to collaboration with the American Parkinson Disease Association

Parkinson's Cycle is an indoor cycling program where participants work in a group setting with a certified Parkinson's Cycle Coach.

Dates: Wednesdays

When: 12:00pm-1:00pm

Cost: free for members/\$40 month non-members

Nutrition Seminars

Join us in person or virtually for heart healthy focused nutrition series. These seminars are FREE to attend and are great for anyone that has an interest in maintaining a healthy lifestyle and focusing on a well balanced diet.

If you would like to attend please RSVP to rnierman@ymcaspbc.org



Scheduled Seminars

<i>Dash Way of Eating</i>	<i>January 28th</i>
<i>Lowering Sodium Intake</i>	<i>February 25th</i>
<i>Shopping, Preparing & Cooking</i>	<i>March 25th</i>
<i>Heart Healthy Eating</i>	<i>April 22nd</i>

Seminars run on from 10:30am-11:30am



**FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY**

FITNESS PROGRAM GUIDE

AGE 8 - ADULT



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

Emily Gates
 Director of Healthy Living
 561-237-0935
EGates@ymcaspbc.org

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!

Free to new members (a \$135 value)

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! 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.

YMCA Run Club

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

Each session is with Trainer, Zoe DaSilva. Practice will include running form, pacing, interval drills, strength training and running endurance.

When: Tuesdays 8am & Thursdays 8 am

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: Teens must complete four classes. *Schedule with the Front Desk.*

FIT Kids Kids 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: Tue/Thurs 4pm

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

Teen Performance Training This class is geared towards young athletes or those working on strength, agility or movement for sports performance.

Ages- 11 & up Tue/Thur 5:00pm

Cost- Included with membership

Location- Outdoor performance area

Youth Triathlon Program

Our Youth Triathlon program prepares your child to perform their best while swimming, biking and running. The program is designed to highlight essential skills necessary to teach your child about running and triathlons. Focuses range from speed work to endurance training to learning about transition. All participants will receive a team shirt. We will have a fun team race at the end of the season! *The end of season race will be Sunday, April 3rd. There will be no training the week of Spring Break, March 14th - 18th.*

JANUARY 31ST, 2022—APRIL 1ST, 2022

Practice Schedule :

Monday (Biking) 5:00- 6:00 pm

Wednesday (Running) 5:00- 6:00 pm

Friday (Swimming) 5:00- 6:00 pm

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:	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

INTRO PACKAGE FOR

NEW CLIENTS ONLY:

4-30 Min Sessions: \$99

3-60 Min Sessions: \$149

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)



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 PARTICIPANTS All level are welcome!

TUESDAY	THURSDAY	SATURDAY
9:00AM w/Holrich	9:00AM w/Holrich	8:00AM Glutes w/ Holrich

GLUTES & BOOTS BOOTCAMP

WITH HOLRICH CENAT . SATURDAYS AT 8AM. 60 MINUTES - \$10/Class or \$35/month. Class located in the Alley. BYOBB (Bring your own Booty Band!) All level are welcome!

