

# 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**

Contact Director of Healthy Living, AnnTaylor Clawson for me information.

Available for purchase at the front desk for \$75



# PREMIUM TRAINING

## SMALL GROUP PERSONAL TRAINING

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

Small Group Training is a great way to stay motivated and help you reach your goals. Work out with a certified Personal Trainer in a group of other members looking to take their workout to the next level.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
6:30 PM with Romie	9:00AM with Holrich		9:00AM with Holrich	8:00AM Glutes with Holrich

## S.W.E.A.T.

**WITH DIANA - TUESDAYS AT 6:30 PM. 60 MINUTES**

**\$15/Class or \$100/12-Week Session. Class located at the Large Pavilion .**

The 12-week program incorporating speed, weight, endurance, and agility training designed to make you a stronger & faster athlete.



**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](http://www.ymcaspbc.org)

**AnnTaylor Clawson**  
Director of Healthy Living  
561-237-0935  
[aclawson@ymcaspbc.org](mailto:aclawson@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 three classes. *Schedule with the Front Desk.*

**FIT Kids** Kids get moving in this 30 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:** Included in Membership

**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-** Wellness Center



## Youth Triathlon & Running Program

AGES 5 - 11

Our Youth Running and 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!

**REGISTER:** At the front desk or Online at [ymcaspb.org/register](http://ymcaspb.org/register)

## 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

Packages expire within 30 days

## 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)



## 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.

**When:** Tuesday and Thursdays from 11:30am - 1:00pm

**Cost:** \$149 members/\$249 non-members (includes 3 months of YMCA membership).

### Diabetes Self-Management Program

is a 6-week program for anyone with diabetes, prediabetes and partners/spouses and caretakers are invited to join as well. Topics include action planning, nutrition overview, and discussions about stress, portion control, blood sugar monitoring, physical activity, medication, decision-making and more.

**When:**

Thursdays, starting May 13th (6:00pm-8:30pm)

Tuesdays, starting June 15th (6:00pm-8:30pm)

Wednesdays, starting July 14th (9:00am-11:30am)

**Where:** Zoom link will be provided for class meetings

**Cost:** Free

### Blood Pressure Self-Monitoring

is for adults 18+ who have high blood pressure or are on medication for high blood pressure. Participants meet with a Health Heart Ambassador for a 10-minute coaching session 2 times/month. In addition, a nutrition seminar is held once a month. Blood pressure cuffs will be provided to those who do not have one.

**When:** Coaching sessions will be offered at a variety of times/dates. Enrollment is ongoing

**Cost:** Free

## 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 1 hour structured exercise classes led by trained EnhanceFitness staff. Pre and post program tests show participants the gains they have made in their strength, flexibility and balance.

**When:** Mondays, Wednesdays and Fridays from 12:00pm-1:00pm or 1:15pm - 2:15pm.

**Cost:** Free

## Parkinson's Cycle and Surf and Turf

are classes for those living with Parkinson's disease. Caretakers are welcome.

**When:**

Parkinson's Cycle, Wednesdays, 12:00PM-1:00PM

Surf and Turf, Tuesdays and Thursdays, 12:00PM-2:00pm

**Cost:** Free