

SPECIAL FEATURES >>

• WIDE RANGE OF PROGRAMS:

Everyone's Wellness needs are different. Our broad array of options – from Aquatics to Zumba – offer healthy and fun options for all.

• 'WELLNESS CONCIERGE':

Trained YMCA Staff will help you find the perfect program for your age, interests, goals, and abilities.

• AQUATICS:

Multiple pools offer a variety of water aerobics, Parkinson's land/water combo, lap pool training, Arthritis Aqua, adult swim lessons and lots more.

• CHRONIC ILLNESS:

Expert classes use evidence-based methods to help those living with arthritis, hypertension, diabetes, cancer and Parkinson's.

• BEYOND FITNESS:

A healthy life requires more than exercise. That's why we host fun social gatherings, nutrition classes, table games, day trips and more.

• EGYM SMART CIRCUIT:

New and exclusive smart fitness equipment that personalizes and customizes your workout and takes the hassle out of training.

GETTING STARTED >>

1 'FIND YOUR Y'. Stop by the Front Desk to set up a consultation with a WELLNESS CONCIERGE to find programs that are right for you.

2 RECEIVE A FREE 2-DAY PASS to explore the Y and try a few programs.

3 Ask about our:

- ARTHRITIS PROGRAM – classes, tips, workshops.
- EXCLUSIVE, SMART FITNESS EQUIPMENT EGYM that personalizes your workouts.
- RECREATIONAL & EDUCATIONAL ACTIVITIES including social gathering, senior game activities and more.

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Peter Blum Family YMCA of Boca Raton
6631 Palmetto Cir S, Boca Raton, FL 33433
561-395-9622

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DeVos-Blum Family YMCA of Boynton Beach
9600 S Military Trl, Boynton Beach, FL 33436
561-738-9622



YMCASPBC.ORG



AGE 50 AND BETTER >>



The Y's broad array of programs help active older adults achieve their long-term wellness goals and lead healthier, more fulfilling lives. Plus, it's fun!

PROGRAM GUIDE

After age 50, Wellness interests and abilities often begin to change. That's why we've created 'Age 50 and Better', designed to help you stay in the game! This program combines Y Wellness favorites such as

Water Aerobics, Yoga, Arthritis, and EnhanceFitness classes. In addition, our Y's offer a 'Wellness Concierge' to assist you in your health & wellness journey.

LOW INTENSITY

- Tone and Tighten
- Smart Start Orientation
- Arthritis Aqua
- Arthritis Land
- Aqua Deep
- Aqua Combo
- Aqua Aerobics
- Chair YOGA
- Chair Pilates
- Tai Chi
- SilverFit/Forever Fit
- Parkinson's Cycle
- Parkinson's Dance
- Parkinson's Water
- EnhanceFitness
- Parkinson's land
- EGYM
- LiveSTRONG Cancer Survivorship
- Tai Ji Quan: Moving for Better Balance

MEDIUM INTENSITY

- Pickleball
- Dance Fit
- Pound
- Zumba
- Spin
- EGYM
- Tai Chi
- Strong Nation
- Tone and Tighten
- Total Body Strength
- Barre-flex
- Power 60
- Interval Conditioning
- Les Mills CORE
- Tabata & Core
- Personal Training
- Small Group Training
- Partner Training
- Yoga
- Yoga Flex
- Yogalates
- Hatha Yoga
- Pilates
- Mat Pilates
- Les Mills Body Balance

HIGH INTENSITY

- High Fitness
- Les Mills BodyCombat
- Run Club
- Kickbox and Core
- Cardio Step
- Zumba
- Spin
- Strong Nation
- Les Mills BodyPump
- P90X
- Ultimate Conditioning
- Interval Conditioning
- Les Mills CORE
- Pilates
- Tabata & Core
- Y Fit
- Bootcamp
- Yoga
- Hatha Yoga
- EGYM

OTHER WELLNESS ACTIVITIES

Long-term Wellness requires more than exercise. Our Y offers fun, social, and educational activities, too.

SOCIAL SPACES:

Meet old friends and make new ones. Have coffee in the café!

HEALTH & EDUCATION:

Classes in nutrition, chronic disease self-management, and a speaker series with professional Wellness experts. Also, Blood Pressure testing and A1C screening.

GAME TIME:

Game-on with bingo, dominoes, card games, table tennis and more.

DAY TRIPS:

Fun, group outings to museums and other points of interest.

VOLUNTEERING:

Community-minded activities like reading to Y preschoolers.

*Individual programs and activities may vary by YMCA branch.

*Certain programs can be made +/- vigorous to suit member's needs (multi-listings above).