

GROUP EXERCISE

YMCA OF THE PALM BEACHES

LOCATION
WELLNESS CENTER
(PLEASE PARK IN BLUE LOT)
4200 S. CONGRESS AVE
LAKE WORTH, FL



AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Zumba 11:30-12:20pm Roxana		Zumba 11:30-12:20pm Roxana	Yoga 9:00-9:50am Polina
					Bootcamp (No Class 8/8) 10:00-10:50am Helena
Taekwondo (Fee Required) 5-6pm Caleb	Youth Conditioning (Fee Required) 5-6pm Nick	Taekwondo (Fee Required) 5-6pm Caleb	Youth Conditioning (Fee Required) 5-6pm Nick		Family Zumba 11-11:50am Roxana
Bootcamp 6:00-6:50pm Sheila	Mat Pilates 6:00-6:50pm Shaina	Cycling 6:00-6:50pm Sheila	Tabata 6:00-6:50pm Roxana		
Zumba 7:00-7:50pm Mercedes	Zumba 7:00-7:50pm Mercedes	Bootcamp 7:00-7:50pm Helena	Zumba 7:00-7:50pm Roxana		

SCAN BELOW TO REGISTER!!



CALL: 561-968-9622

EMAIL: jbarnes@ymcapalmbeaches.org

VISIT: ymcapalmbeaches.org

BE HEALTHY. BE STRONG. BELONG.

HOURS OF OPERATION

GROUP EXERCISE

YMCA OF THE PALM BEACHES

LAND GROUP EXERCISE LOCATION

PBC: JOHN PRINCE PARK
THE FOUNTAINS REC BUILDING
2728 LAKE WORTH ROAD
LAKE WORTH, FL 33461



AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WATER CD 8:30-9:30am CD Recording	WATER CD 8:30-9:30am CD Recording	WATER CD 8:30-9:30am CD Recording	WATER CD 8:30-9:30am CD Recording	WATER CD 8:30-9:30am CD Recording	Adult in Motion 9:00-9:50am Barbara
WATER Aerobics 9:30-10:30am Barbara	WATER Mobility 9:30-10:30am Theresa	WATER Aerobics 9:30-10:30am Barbara	WATER Mobility 9:30-10:30am Theresa	WATER Aerobics 9:30-10:30am Barbara	Chair Dance & Be Fit 10:00-10:50am Roxana
Chair Dance & Be Fit 9:30-10:20am Roxana	Sit, Stand, Strength 9:00-9:50am Shaina	Adult in Motion 8:30-9:20am Barbara	Sit, Stand, Strength 9:00-9:50am Shaina	Cardio Fitness 8:30-9:20am Barbara	
Head to Toe 10:30-11:20am Sande	SilverSneakers Boom 10:00-10:50am Shaina	SilverSneakers Classic 10:30-11:20am Sande	SilverSneakers Circuit 10:00-10:50am Shaina	SilverSneakers Classic 10:30-11:20am Sande	
	Sit & Be Fit 11:00-11:50am Shaina		Sit & Be Fit 11:00-11:50am Shaina	BINGO 11:45-1:45pm EVERY FRIDAY	
	BOARD GAMES/CARDS 12:30-2:30pm EVERY TUESDAY				

SCAN BELOW TO REGISTER!!

GROUP EXERCISE

YMCA OF THE PALM BEACHES

LOCATION
WELLNESS CENTER
(PLEASE PARK IN GRAY LOT)
3160 PGA BLVD
PALM BEACH GARDENS, FL



AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Balance/Fall Prevention 10:00-10:50am Lena	Chair Fit 10:00-10:50am Sonia		
Balance/Fall Prevention 11:15-12:05pm Lena	Chair Fit 12:00-12:50pm Sonia	20 Stretch/20 Cardio/20 Strength 11:00-11:50am Lena	Pound 11:00-11:50am Sonia		
Light Cardio/Chair Pilates 12:10-12:50pm Lena	Pound 1:00-1:50pm Sonia				

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HOURS OF OPERATION

Monday-Thursday

10am-4:00pm