

GROUP EXERCISE

YMCA OF THE PALM BEACHES

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



JULY 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 7/18) 10:00-10:50am Helena
Taekwondo (Fee Required) 5-6pm Caleb		Taekwondo (Fee Required) 5-6pm Caleb			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: KKelly@ymcapalmbeaches.org

VISIT: ymcapalmbeaches.org

BE HEALTHY. BE STRONG. BELONG.

HOURS OF OPERATION

Monday-Thursday: 8am-8pm

Friday: 8am-6pm

Saturday: 8am-2pm

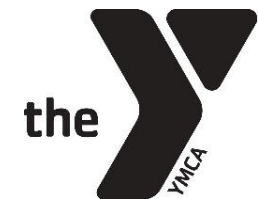
CHILD WATCH AVAILABLE!

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



JULY 2026

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

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Monday-Thursday: 7am-7pm

Friday: 7am-6:30pm

Saturday: 7-4pm

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



JULY 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