

# GROUP EXERCISE

YMCA OF THE PALM BEACHES

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



MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Zumba 11:30-12:20pm Roxana		Zumba 11:30-12:20pm Roxana	
					Yoga 10:00-10:50am Polina
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	Pilates Sculpt <i>(Changes to Yoga on 5/20 w/ Polina)</i> 7:00-7:50pm Sheila	Zumba 7:00-7:50pm Roxana		<b>CLOSED MONDAY, MAY 25</b> <b>MEMORIAL DAY</b>

SCAN BELOW TO REGISTER!!



CALL: 561-968-9622

EMAIL: [KKelly@ymcapalmbeaches.org](mailto:KKelly@ymcapalmbeaches.org)

VISIT: [ymcapalmbeaches.org](http://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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>WATER CD</b> 8:30-9:30am CD Recording	<b>WATER CD</b> 8:30-9:30am CD Recording	<b>WATER CD</b> 8:30-9:30am CD Recording	<b>WATER CD</b> 8:30-9:30am CD Recording	<b>WATER CD</b> 8:30-9:30am CD Recording	Adult in Motion 9:00-9:50am Barbara
<b>WATER Aerobics</b> 9:30-10:30am Barbara	<b>WATER Mobility</b> 9:30-10:30am Theresa	<b>WATER Aerobics</b> 9:30-10:30am Barbara	<b>WATER Mobility</b> 9:30-10:30am Theresa	<b>WATER Aerobics</b> 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	Pilates/Stretch 11:30-12:20pm Sande	Sit & Be Fit 11:00-11:50am Shaina	<b>BINGO</b> <b>11:45-1:45pm</b> <b>EVERY FRIDAY</b>	
	<b>BOARD GAMES/CARDS</b> <b>12:30-2:30pm</b> <b>EVERY TUESDAY</b>				<b>CLOSED MONDAY, MAY 25</b> <b>MEMORIAL DAY</b>

SCAN BELOW TO REGISTER!!



CALL: 561-968-9622

EMAIL: [KKelly@ymcapalmbeaches.org](mailto:KKelly@ymcapalmbeaches.org)

VISIT: [ymcapalmbeaches.org](http://ymcapalmbeaches.org)

**BE HEALTHY. BE STRONG. BELONG.**

**HOURS OF OPERATION**

Monday-Thursday: 7am-7pm

Friday: 7am-6:30pm

Saturday: 7-4pm

# GROUP EXERCISE

YMCA OF THE PALM BEACHES

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



MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Chair Fit 10:00-10:50am Stacey	Balance/Fall Prevention 10:00-10:50am Lena	Chair Fit 10:00-10:50am Stacey		
Balance/Fall Prevention 11:15-12:05pm Lena	Yoga Stretch 11:00-11:50am Stacey	20 Stretch/20 Cardio/20 Strength 11:00-11:50am Lena	Yoga Stretch 11:00-11:50am Stacey		
Light Cardio/Chair Pilates 12:10-12:50pm Lena					
					<b>CLOSED MONDAY, MAY 25</b> <b>MEMORIAL DAY</b>

SCAN BELOW TO REGISTER!!



CALL: 561-968-9622

EMAIL: [KKelly@ymcapalmbeaches.org](mailto:KKelly@ymcapalmbeaches.org)

VISIT: [ymcapalmbeaches.org](http://ymcapalmbeaches.org)

**BE HEALTHY. BE STRONG. BELONG.**

**HOURS OF OPERATION**

Monday-Thursday  
 10am-4:00pm