GROUP EXERCISE

YMCA OF THE PALM BEACHES

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

NOV 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 10:00-10:50am Helena
					Family Zumba 11-11:50am Roxana
*Karate 5-6pm Sensei J	*Youth Small Group Training 5-6pm James	*Karate 5-6pm Sensei J	*Youth Small Group Training 5-6pm James		*Youth Conditioning 12-1pm James
Bootcamp 6:00-6:50pm Sheila (11/9 Shaina)	Mat Pilates 6:00-6:50pm Shaina	Cycling 6:00-6:50pm Sheila (11/11 Shaina)	Tabata 6:00-6:50pm Roxana		*=Fee Required
Zumba 7:00-7:50pm Mercedes	Zumba 7:00-7:50pm Mercedes	Mobility/Bootcamp 7:00-7:50pm Helena	Zumba 7:00-7:50pm Roxana		***Morning Classes canceled on 11/25 for Thanksgiving Luncheon**

SCAN BELOW TO REGISTER!!

CALL: 561-968-9622

EMAIL: jbarnes@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

NOV 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**	Tai Chi 8:00-8:50am John
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**	Adult in Motion 9:00-9:50am Barbara
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	Chair Dance & Be Fit 10:00-10:50am Roxana
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**	***Morning Classes canceled on 11/25 for Thanksgiving Luncheon**
	BOARD GAMES/CARDS **12:30-2:30pm** **EVERY TUESDAY**				**PBC Employee Class Tuesdays** 6:00-6:50pm Helena

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HOURS OF OPERATION

Monday-Thursday: 7am-7:30pm

Friday: 7am-6pm

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

NOV 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 11:00-11:50am Lena (No Class 11/9)	Chair Fit 12:00-12:50pm Sonia	Stacked Chair Strength 11:00-11:50am Lena	Pound 11:00-11:50am Sonia		
Chair Pilates 12:00-12:50pm Lena (No Class 11/9)	Pound 1:00-1:50pm Sonia				
					*PBG Site Closed Nov 11

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HOURS OF OPERATION

Monday-Thursday

10am-4:00pm