



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

YMCA OF THE PALM BEACHES

Group Exercise schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Healthy Tips:</p> <p>Start your day with breakfast. Breakfast fills your "empty tank" to get you going after a long night without food. Easy to prepare breakfasts include cold cereal with fruit and low-fat milk, whole-wheat toast with peanut butter, yogurt with fruit, whole-grain waffles or even last night's pizza!</p> <p>Get Moving! It's easy to fit physical activities into your daily routine. Walk, bike or jog to see friends. Take a 10-minute activity break every hour while you read or watch TV.</p> <p>Get fit and Zumba with us! If you are new to or just getting back into exercise, ask about beginning level Zumba classes. There are also Gold Zumba classes for seniors with a less strenuous pace. It's upbeat and fun.</p> <p>Remember, foods are not good or bad. Select foods based on your total eating patterns, not whether any individual food is "good" or "bad." Don't feel guilty if you love foods such as apple pie, potato chips, candy bars or ice cream. Eat them in moderation.</p>	6:00-7:00 Zumba Christina		8:45-9:45 Beginner Step Aerobics Holly	8:30-9:30 Ball Strength and Stability Holly			
	9:00-10:00 Zumba Gold Sande	9:00-10:00 Adult Tap Barbara			9:00-10:00 Ball Strength and stability Holly	9:00-10:00 Tai Chi Jerry	
	10:00-11:00 Senior Aerobics Sande	10:30-11:30 Parkinson's Exercise Surf n Turf Holly	9:45-10:45 Senior Aerobics Holly	10:30-11:30 Parkinson's Exercise Surf n Turf Holly	10:00-11:00 Senior Aerobics Sande	10:00-11:00 Zumba Lara	
	11:00-12:00 Silver Sneakers Yoga Stretch Jerry	11:30-12:30 Level I Silver Sneakers Debye	11:30-12:30 Level I Silver Sneakers Debye	11:30-12:30 Level I Silver Sneakers Debye	11:30-12:30 Level I Silver Sneakers Debye		
		12:30-1:30 Level II Silver Sneakers Yogalates Debye		12:30-1:30 Level II Silver Sneakers Yogalates Debye		12:30-1:30 Level II Silver Sneakers Yogalates Debye	
	5:30-6:30 Spinning Mark	5:30-6:30 Strength and Stretch Sande	5:30-6:30 Boot camp Mary Lou	5:30-6:30 Cardio Kickboxing Mary Lou	5:30-6:30 Spinning Mark	1:45-2:45 Pilates Tomika	
	6:30-7:30 Yoga Suzanna	6:30-7:30 Zumba Lara	6:30-7:30 Yoga Suzanna	6:30-7:30 Belly Dancing Tomika		3:00-4:00 Spinning Mark	
	7:30-8:30 Ballroom Dancing Barbara	7:30-8:30 Tae Kwon Do Rick	7:30-8:00 Introduction to Spinning Mark	7:30-8:30 Tae Kwon Do Rick		4:00-5:00 Zumba Giselle	
			8:05-8:55 Zumba Christina				



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