

# Palm Beach Gym

## Group Fitness Schedule

Effective August 6, 2010

Mon	Tue	Wed	Thur	Fri	Sat	Sun
8:30-9:30 Functional Cardio Derrick	<b>8:30-9:30</b> <b>Zumba / Toning (NEW)</b> <b>Sidney</b>	8:30-9:30 Fusion Derrick	8:30-9:30 Zumba Melissa	8:30-9:30 Cardio Interval <b>Sidney</b>	8:15-9:15 Hatha Yoga Danielle	8:15-9:15 20 / 20 / 20 Sally
9:30-11:00 Hatha Yoga Susan	9:30-10:30 Pilates Raysa	9:30-10:30 Cardio Interval Josiah	9:30-10:30 Pilates Raysa	9:30-10:30 Hatha Yoga Susan	9:30-10:30 Body Shaping Corey	9:15-10:15 Yoga Danielle
	10:30-11:30 ©2005 SilverSneakers I Ada	10:30-11:30 ©2005 SilverSneakers II Ada	<b>10:30-11:30 (NEW TIME)</b> ©2005 SilverSneakers I <b>Liza Jane</b>	10:30-11:30 ©2005 SilverSneakers II JoAnn	10:30 - 11:30 Step Circuit Julie	
5:00-6:00 Martial Arts Beginners & Teenagers	4:00-5:00PM Yoga Danielle	5:00-6:00 Martial Arts Beginners & Teenagers	1:00-2:00 Salsa Jon Melendrez	5:00-6:00 Martial Arts Beginners & Teenagers		
6:00-7:30 Martial Arts Bernie	5:30-6:30 Kids / Parents Martial Arts Bernie	6:00-7:30 Martial Arts Bernie	5:30-6:30 Kids / Parents Martial Arts Bernie	6:00-7:30 Martial Arts Bernie		<b>Martial Arts and Dance classes require Additional Fee</b>
	6:30-7:30 Step & Sculpt Corey	7:30-8:30 Vinyasa Yoga Bobbi	6:30-7:30 Step & Sculpt Corey			
			7:30-8:30 Salsa 8:30-9:30 Cha Cha/Bachata Jon Melendrez		<b>Join us on Facebook for information to improve your health and fitness experience at Palm Beach Gym</b>	
						
<b>Hours of Operation</b> Monday - Thursday 5:00 AM - 10:00 PM Friday 5:00 AM - 8:00 PM Saturday - Sunday 8:00 AM - 6:00 PM		<b>Address</b> 660 Linton Blvd., Suite # 103 Delray Beach, FL 33444 www.pbgyms.com (561) 278-7111				