

# Palm Beach Gym

## Group Fitness Schedule

January 2012

Mon	Tue	Wed	Thur	Fri	Sat	Sun
8:30-9:30 Yoga Kick & Punch Derrick	8:30-9:30 Zumba / Toning Sidney	8:30-9:30 Gentle Restorative Yoga Derrick	8:30-9:30 Zumba Melissa	8:30-9:30 Cardio Interval Sidney	8:15-9:15 Hatha Yoga Danielle	New Time 8:15-9:15 Yoga Danielle
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 Step Circuit Julie	New Time 9:30-10:30 20 / 20 / 20 Dawna
11:00-11:45 © SilverSneakers - II Cardio Circuit - Liza J	10:30-11:15 © SilverSneakers - I Ada	10:30-11:15 © SilverSneakers - II Ada	10:30-11:15 © SilverSneakers - I Cardio Circuit - Liza J	10:30-11:15 © SilverSneakers - II JoAnn	<b>10:30-11:30</b> <b>Body Sculpt 1/14/12</b> <b>Telmo</b>	
<b>12:30-1:30</b> <b>Zumba Gold</b> <b>Sidney</b>	<b>1:00-2:00</b> <b>Ballroom \$7 Admission</b> <b>Jon Melendrez</b>				12:00-1:30 Zumba X-treme \$5 members Sidney	
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 <b>Miami Style Salsa \$7</b> 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	<b>6:00-7:30</b> <b>Ultimate Workout!</b> <b>Bernie</b>		<b>Martial Arts and Dance classes require Additional Fee</b>
	6:30-7:30 Step Circuit Julie	7:30-8:30 Vinyasa Yoga Bobbi	6:30-7:30 Step & Sculpt Corey			
			7:30-8:30 <b>Latin Styling \$7</b> Jon Melendrez			
						
<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				