



# Healthy Living Schedule

AOA, Youth and Teen and Facility Information on the back

Month of July



	MON	TUE	WED	THU	FRI	SAT
6:00AM	Spin Yvette		Spin Yvette		Spin Yvette	
7:00AM	Cardio Strength Yvette		Cardio Strength Yvette		Cardio Strength Yvette	
7:15AM		15/15/15 Burn Nathalia		15/15/15 Burn Nathalia		
7:15AM		<b>NEW</b> Adult Boot Camp Matt		<b>NEW</b> Adult Boot Camp Matt		
8:30AM	Cardio Strength Yvette	Cardio Strength Leanne	Cardio Strength Yvette	Zumba Gabi	Cardio Sculpt Yvette	
8:30AM	Spin Leanne					
9:30AM		Spin Leanne		Spin Leanne		Spin Rotational
9:30AM	Core Strength Leanne	Pilates Susan	Yoga Gloria	Pilates Susan		
10:30AM	Zumba Daisy	Barre Moorey-Margaret	Zumba Daisy	Barre Moorey-Margaret	Zumba Sandra	<b>NEW</b> Zumba Maria
11:30am		Yoga Moorey-Margaret		Yoga Moorey-Margaret		
5:30PM		Zumba Nathalia		Zumba Nathalia	<b>NEW</b> Zumba Maria	
6:00PM	Spin Yessenia					
6:30PM		Spin Ian				
6:30PM	Zumba Sandra	Core Strength Nathalia	Zumba Gabi	Core Strength Nathalia		
6:30PM	<b>NEW</b> Adult Boot Camp Matt		<b>NEW</b> Adult Boot Camp Matt			



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Homestead YMCA Family Center & Preschool

**Homestead YMCA Family Center**



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Month of July  
Active Older Adults

TIME	MON	TUE	WED	THU	FRI
8:00AM		SilverSneakers Enhanced Fitness Nathalia	SilverSneakers Circuit Nathalia	SilverSneakers Enhanced Fitness Nathalia	SilverSneakers Circuit Nathalia
8:30AM	Water Aerobics Maria (beginning week of 6/17/19)		Water Aerobics Maria (beginning week of 6/17/19)		Water Aerobics Maria (beginning week of 6/17/19)
8:30AM	SilverSneakers Enhanced Fitness Michael				
9:00AM		SilverSneakers Circuit Nathalia		SilverSneakers Circuit Nathalia	
9:30AM	SilverSneakers Circuit Michael		SilverSneakers Circuit Yvette		SilverSneakers Circuit Yvette
10:30AM		Chair Yoga Susan		Chair Yoga Susan	

## Youth and Teen

TIME	MON	TUE	WED	THU
5:30PM	Youth Boot Camp (Ages 8-18) Matt (8-12 must be pre- assessed)		Youth Boot Camp (Ages 8-18) Matt (8-12 must be pre- assessed)	

### Facility Hours

Monday-Thursday  
5:30am-10:00pm

Friday  
5:30am-9:00pm

Saturday  
8:00am-5:00pm

Sunday  
9:00am-4:00pm

### Pool Hours\*

Monday – Friday  
8am – 8pm

Saturday  
9am – 1pm

\*Pool hours are dependent  
on weather conditions.

### Open Court Hours

Monday-Friday  
8:30pm – 10pm

Saturday  
Limited due to youth  
programming

Sunday  
\*9am-4pm  
\*Availability may vary  
depending on facility rentals

### Kid Zone Hours

Monday-Friday  
8:10am-11:50am  
5:10pm-7:45pm

Saturday  
8:00am-11:15am

Sunday  
Closed

## Homestead YMCA Family Center

1034 NE 8<sup>th</sup> Street, Homestead, FL 33030  
305-248-5189



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