



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

GROUP EXERCISE SCHEDULE

ALLAPATTAH YMCA FAMILY CENTER

October 2021

Studio	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Studio B	9:30-10:30am <i>SilverSneakers® / Pedro</i>	10:00-11:00am <i>SilverSneakers® / Aldana</i>	10:00-11:00am <i>Zumba Gold® / Aldana</i>	10:00-11:00am <i>SilverSneakers® / Aldana</i>	10:00-11:00am <i>Zumba Gold® / Aldana</i>	
Studio A						
EVENING						
Studio B		5:30-6:15pm <i>*Jazz-Hip Hop / Eliane</i>		5:30-6:15pm <i>*Jazz-Hip Hop / Eliane</i>		
Studio B	6:00-7:00pm <i>*Karate / Roberto</i>	6:15-7:00pm <i>*Ballet / Eliane</i>	6:00-7:00pm <i>*Karate / Roberto</i>	6:15-7:00pm <i>*Ballet / Eliane</i>		
Studio B	7:00-8:00pm <i>*Karate / Roberto</i>	7:00-8:00pm <i>*Ballet / Eliane</i>	7:00-8:00pm <i>*Karate / Roberto</i>	7:00-8:00pm <i>*Ballet / Eliane</i>		
Studio A	6:00-7:00pm <i>Spinning / Anais</i>		6:00-7:00pm <i>Spinning / Anais</i>		6:30-7:30pm <i>Zumba / Aldana</i>	
Studio A	7:00-8:00pm <i>Total Body / Anais</i>	7:00-8:00pm <i>Zumba / Erika</i>	7:00-8:00pm <i>Total Body / Anais</i>	7:00-8:00pm <i>Zumba / Erika</i>		
Studio A	8:00-8:55pm <i>Zumba / Aldana</i>	8:00-8:55pm <i>Upper Body / Anais</i>	8:00-8:55pm <i>Zumba / Aldana</i>	8:00-8:55pm <i>Lower Body / Anais</i>		

PLEASE NOTE:

- Studio A: Spin Room
- Studio B: Aerobic Room
- *SilverSneakers® / Silver Fit*
- **Fee Based Youth Classes*

Notice:

- Limited space per class
- First come, first served
- Members must follow all COVID-19 health safety protocols

HOURS OF OPERATION

Monday- Thursday 7am to 9pm
Fridays 7am to 8pm

ALLAPATTAH YMCA FAMILY CENTER

2370 NW 17 AVENUE, SUITE 100, MIAMI FL 33142
P 305 635 9622 **W** ymcasouthflorida.org

f [Facebook.com/allapattahymca](https://www.facebook.com/allapattahymca) **t** twitter.com/allapattahymca