



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE & WELLNESS PROGRAMS

ALLAPATTAH YMCA FAMILY CENTER

August 2022

Studio	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Studio B	9am to 10am SilverSneakers® Orlando	9am to 10am SilverSneakers® Orlando	9am to 10am SilverSneakers® Zumba Gold Orlando		9am to 10am SilverSneakers® Zumba Gold Orlando	
Studio B	10am to 11am SilverSneakers® Yoga Orlando	10am to 11am SilverSneakers® Yoga Orlando	10am to 11am SilverSneakers® Yoga Orlando		10am to 11am SilverSneakers® Yoga Orlando	
			EVENING			
Studio A	5:30pm – 6:30pm Starting August 15th *Ballet/Eliane	5:30pm – 6:30pm HIIT/ <i>Orlando</i>	5:30pm – 6:30pm Starting August 15th *Ballet/Eliane	6:30pm to 7:30pm GAP/ <i>Orlando</i>		
Studio A	6:30 to 7:30pm Starting August 15th Step/Eliana		6:30 to 7:30pm Starting August 15th Step/Eliana			
Studio B	6:00-7:00pm *Karate/ <i>Roberto</i>	6:30 – 7:30pm * Age 4 – 7 Karate/ <i>Roberto</i>	6:00-7:00pm *Karate/ <i>Roberto</i>			
	7:00-8:00pm *Karate/ <i>Roberto</i>		7:00-8:00pm *Karate/ <i>Roberto</i>			
Studio A		6:30-7:30pm Zumba/ <i>Orlando</i>		7:30-8:30pm Zumba/ <i>Orlando</i>	7:00-8:00pm Zumba/ <i>Orlando</i>	
Studio A	8:00-8:55pm Zumba/ <i>Aldana</i>		8:00-8:55pm Zumba/ <i>Aldana</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 protocol

HOURS OF OPERATION

Monday- Thursday 6am to 9pm

Fridays 6am to 8pm

Saturdays 9am to 2pm

ALLAPATTAH YMCA FAMILY CENTER

2370 NW 17 AVENUE, SUITE 100, MIAMI FL 33142

P 305 635 9622 W ymcasouthflorida.org

Facebook.com/allapattahymca twitter.com/allapattahymca



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COMMUNITY HEALTH PROGRAMS

ALLAPATTAH YMCA FAMILY CENTER

August 2022

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Outside						
Outside						
			AFTERNOON			
Kidzone	2pm – 5pm Food Pantry	2pm – 5pm Food Pantry	2pm – 5pm Food Pantry	2pm – 5pm Food Pantry	2pm – 5pm Food Pantry	
	5pm to 6pm Appointment Required Tutoring K-5th	5pm to 6pm Appointment Required Tutoring K-5th	5pm to 6pm Appointment Required Tutoring K-5th	5pm to 6pm Appointment Required Tutoring K-5th	5pm to 6pm Appointment required Tutoring K-5th	
			EVENING			
Outside	August 22nd 5pm to 8pm UM Game changer Clinic	August 9th and 23rd 5pm – 8pm HIV/STD Testing				
Studio B				August 15th 22nd & 29th 5pm – 8pm Parent Club Workshop/Luz		
Studio A		Every Week 5:30pm-7:00pm Citizenship classes/ Cecilia				

PLEASE NOTE LOCATIONS:

- Studio A/Studio B
- Outside
- *HIV/STD Testing
- Food Distributions
- Tutoring

- Food Pantry

HOURS OF OPERATION

- Monday- Thursday 6am to 9pm Fridays 6am to 8pm
- Saturdays from 9am to 2pm
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