

Friday

Time	Class/Event	Location	Department
5:30-6:30AM (7/12-8/20)	\$Boot Camp	Studio B	Venice Wellness
6:15-7:15AM	Spinning	Spin Room	Englewood Wellness
6:30-7:30AM	Sun Rise Yoga	Group Ex. Room	Englewood Wellness
8:00-9:00AM	AOA Fitness Senior Fitness Shallow Water Aerobics	Group Ex. Room Studio B YMCA Pool-Venice YMCA Pool-Englewood	Englewood Wellness Venice Wellness Venice Aquatics Englewood Aquatics
8:45-9:45AM	Vinyasa Yoga	Studio A	Venice Wellness
9:00-10:00AM	Aerobic Dance \$Free Motion Fitness Shallow Water Aerobics Spinning Spinning Step Interval \$Zumba	Studio B Free Motion Room YMCA Pool-Venice Spin Room Studio C Gymnasium	Venice Wellness Venice Wellness Venice Aquatics Venice Wellness Englewood Wellness Venice Wellness Englewood Wellness
9:05-10:05AM	Step	Group Ex. Room	Englewood Wellness
9:15AM (3/8-5/29)	\$Preschool (3-5)	Gymnastic Studio	Venice Gymnastics
9:15-10:15AM	Shallow Water Aerobics	YMCA Pool-Englewood	Englewood Aquatics
9:30AM-12:30PM	\$Preschool In Motion	Gymnastic Studio	Venice Gymnastics
10:00-10:30AM	Firm/Tone/Flex Sculpt N' Tone	Studio A Studio C	Venice Wellness
10:00-11:00AM	Arthritis Water Aerobics ZUMBA	YMCA Pool-Venice Studio B	Venice Aquatics Venice Wellness
10:05-11:05AM	Pilates	Group Ex. Room	Englewood Wellness
10:15AM (3/8-5/29)	\$Parent & Tot (18mos-3 yrs)	Gymnastic Studio	Venice Gymnastics
10:30-11:30AM	Retro-Robics Arthritis Water Aerobics	Studio C YMCA Pool-Englewood	Venice Wellness Englewood Aquatics
11:00AM-12:00PM	\$Reformer Pilates	Pilates Studio	Venice Wellness
2:00-3:00PM	\$Reformer Pilates	Pilates Studio	Venice Wellness
3:00-4:00PM	\$Reformer Pilates	Pilates Studio	Venice Wellness
4:00-5:00PM	Pilates Mat	Studio B	Venice Wellness
4:00-6:00PM (Suspended-August)	Intro To Fencing	Studio A	Venice Wellness

5:30-6:30PM (7/12-8/20)	\$Boot Camp	Studio B	Venice Wellness
5:30-6:45PM	Yoga	Group Ex. Room	Englewood Wellness
6:00-7:00PM	Intro To Spinning	Spin Room	Venice Wellness
6:00-7:00PM	\$Taekwon-do	Studio A	Venice Wellness