

Monday

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
6:30-7:45AM	Sun Rise Yoga	Group Ex. Room	Englewood Wellness
7:30-8:30AM	\$Reformer Pilates	Pilates Studio	Venice Wellness
7:45-8:45AM	Spinning	Spin Room	Venice 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 Step Explosion \$Zumba	Studio B Free Motion Room YMCA Pool-Venice Spin Room Studio C Gymnasium	Venice Wellness Venice Wellness Venice Aquatics Venice Wellness Venice Wellness Englewood Wellness
9:05-10:05AM	Step	Group Ex. Room	Englewood Wellness
9:15-10:15M	Shallow Water Aerobics	YMCA Pool- Englewood	Englewood Aquatics
9:30AM-12:30PM (3/8-5/29)	\$Preschool In Motion (3, 4 & 5 yrs)	Venice Gymnastics	Venice Wellness
10:00-10:30AM	Firm/Tone/Flex Sculpt N' Tone	Studio B Studio C	Venice Wellness
10:00-11:00AM	Arthritis Water Aerobics	YMCA Pool-Venice	Venice Aquatics
10:10-11:10AM	Pilates	Group Ex. Room	Englewood Wellness
10:30-11:30AM	ZUMBA Arthritis Water Aerobics	Studio B YMCA Pool- Englewood	Venice Wellness Englewood Aquatics
10:30AM-12:00PM	Women's Fitness	Studio C	Venice Wellness
12:00-1:00PM	\$Reformer Pilates	Pilates Studio	Venice Wellness
12:30-1:30PM (8/5-8/30)	\$Group PT Circuit	Studio C	Venice Wellness
3:00-5:30PM (Suspended-August)	\$Advanced Fencing	Studio A	Venice Wellness

4:00PM (3/8-5/29)	\$Progressive (1 st -8 th) \$Tap & Jazz I & II (1 st -5 th)	Gymnastic Studio Gymnastic Dance Studios	Venice Gymnastics
4:00-5:00PM	Pilates Mat	Studio B	Venice Wellness
4:50PM (3/8-5/29)	\$Ballet (1 st -5 th)	Gymnastic Dance Studios	Venice Gymnastics
5:00PM (3/8-5/29)	\$Instructional (1 st -3 rd) \$Kindergym	Gymnastic Studio	Venice Gymnastics
5:30-6:30PM (Suspended- August)	\$Beginning Fencing	Studio A	Venice Wellness
5:30-6:30PM	Cardio & Strength Circuit \$Free Motion Fitness Spinning Step	Studio C Free Motion Room Spin Room Group Ex. Room	Venice Wellness Venice Wellness Englewood Wellness Englewood Wellness
5:40PM (3/8-5/29)	\$Pre-Dance (3-5yrs)	Gymnastics Dance Studios	Venice Gymnastics
5:40-6:40PM (7/12-8/20)	\$Boot Camp	Studio B	Venice Wellness
6:00PM (3/8-5/29)	\$Progressive (1 st -8 th)	Gymnastic Studio	Venice Gymnastics
6:00-7:00PM	Spinning	Spin Room	Venice Wellness
6:15PM (3/8-5/29)	\$Preschool (3-5yrs) \$Tap & Ballet (5 th & up)	Gymnastic Studio Gymnastic Dance Studios	Venice Gymnastics
6:30-7:30PM	ZUMBA Fitball & Sculpt	Studio C Group Ex. Room	Venice Wellness Englewood Wellness
7:00-8:15PM	\$Taekwon-do	Studio A	Venice Wellness
7:10PM (3/8-5/29)	\$YMCA Dance Academy-Ballet (pre- pointe)	Gymnastic Dance Studios	Venice Gymnastics