

Tuesday

Time	Class/Event	Location	Department
5:15-6:15AM	\$Reformer Pilates	Pilates Studio	Venice Wellness
5:30-6:30AM	Spinning	Spin Room	Englewood Wellness
6:00-7:00AM	Spinning	Spin Room	Venice Wellness
6:30-7:30AM Returns 6/8	Pilates Mat	Studio B	Venice Wellness
7:15-8:15AM	Spinning	Spin Room	Englewood Wellness
7:45-9:00AM	AOA Yoga/Stretch	Group Ex. Room	Englewood Wellness
8:00-8:45AM	Core & Balance	Studio A	Venice Wellness
8:00-9:00AM	Pump It Up Senior Fitness Shallow Water Aerobics	Studio C Studio B YMCA Pool-Venice	Venice Wellness Venice Wellness Venice Aquatics
9:00-10:00AM	AOA Fitness Aerobic Dance Deep Water Aerobics Spinning Step Explosion	Group Ex. Room Studio B YMCA Pool-Venice Spin Room Studio C	Englewood Wellness Venice Wellness Venice Aquatics Englewood Wellness Venice Wellness
9:05-10:05AM	Fitball & Sculpt	Group Ex. Room	Englewood Wellness
9:30-10:30am	Shallow Water Aerobics	YMCA Pool-Englewood	Englewood Aquatics
9:30-11:00AM	Intermediate Yoga	Studio A	Venice Wellness
9:35AM (3/8-5/29)	\$Pre-Dance (3-5 yrs)	Gymnastic Dance Studios	Venice Gymnastics
10:00-10:30AM	Firm/Tone/Flex On The Ball	Studio B Studio C	Venice Wellness
10:00-11:00am	Deep Water Aerobics	YMCA Pool-Venice	Venice Aquatics
10:15AM (3/8-5/29)	\$Preschool (3-5)	Gymnastic Studio	Venice Gymnastics
10:30-11:30AM	Silver Sneakers Fitness-MSROM	Group Ex. Room	Englewood Wellness
10:30AM-12:00PM	Women's Fitness	Studio C	Venice Wellness
11:00AM-12:00PM	\$Beginner Free Motion	Free Motion Room	Venice Wellness
11:15AM (3/8-5/29)	\$Parent & Tot	Gymnastic Studio	Venice Gymnastics
11:15AM-12:30PM	Beginner Yoga	Studio A	Venice Wellness
12:00-12:30PM	Gut Busters & More	Studio C	Venice Wellness
12:30-1:30PM (7/6-7/27)	\$Group PT Circuit	Studio C	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
4:00-5:30PM	Yoga	Group Ex. Room	Englewood Wellness

4:30-5:15PM	\$Little Tigers TKD Ages 4-6	Studio A	Venice Wellness
5:30-6:00PM	Gut Busters & More	Studio B	Venice Wellness
5:30-6:30PM	\$TKD-Ages 7-12 Pilates	Studio A Group Ex. Room	Venice Wellness Englewood Wellness
6:00-7:00PM	Kick Box Aerobics Spinning	Studio B Spin Room	Venice Wellness Venice Wellness
6-7:30PM (3/8-5/29)	\$YMCA Dance Academy (choreography-jazz/lyrical)	Gymnastic Dance Studios	Venice Wellness
6:30PM (3/8-5/29)	\$Instructional(4 th -8 th)	Gymnastics Studio	Venice Wellness
6:30-7:30PM	Reformer Pilates-Intro Step-N-Flex	Pilates Studio Group Ex. Room	Venice Wellness Englewood Wellness
6:30-7:45PM	Yoga	Studio A	Venice Wellness
6:30-8:00PM	Women's Fitness Kung Fu	Studio C Multi-Purpose Room	Venice Wellness Englewood Wellness