

Wednesday

Time	Class/Event	Location	Department
5:30-6:30AM (6/28-7/9) (7/12-8/20)	\$Boot Camp	Studio B	Venice Wellness
6:15-7:15AM	Spinning	Spin Room	Englewood Wellness
6:30-7:30AM	Reformer Pilates-Intro	Pilates Studio	Venice Wellness
6:30-7:45AM	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	Pilates Mat	Studio A	Venice Wellness
9:00-10:00AM	Aerobic Dance \$Free Motion Fitness Intro. To Spinning \$Reformer Pilates Shallow Water Aerobics Spinning Wacky Wed Step \$Zumba Lite	Studio B Free Motion Room Spin Room Pilates Studio YMCA Pool-Venice Spin Room Studio C Gymnasium	Venice Wellness Venice Wellness Englewood Wellness Venice Wellness Venice Aquatics Venice Wellness Venice Wellness Engelwood Wellness
9:30AM (3/8-5/29)	\$Preschool In Motion (3, 4 & 5)	Gymnastic Studio	Venice Gymnastics
9:05-10:05AM	Step 'N' Strength	Group Ex. Room	Englewood Wellness
9:15-10:15AM	Shallow Water Aerobics	YMCA Pool- Englewood	Englewood Aquatics
10:00-10:30AM	Firm/Tone/Flex Sculpt N' Tone	Studio A Studio C	Venice Wellness
10:00-11:00AM	Shallow Water Aerobics ZUMBA	YMCA Pool-Venice Studio B	Venice Aquatics Venice Wellness
10:10-11:10AM	Back, Butts & Gutts	Group Ex. Room	Englewood Wellness
10:30-11:30AM	Arthritis Water Aerobics Retro-Robics	YMCA Pool- Englewood Studio C	Englewood Aquatics Venice Wellness
11:00AM-12:00PM	Arthritis Water Aerobics \$Reformer Pilates	YMCA Pool-Venice Pilates Studio	Venice Aquatics Venice Wellness
11:15AM-12:15PM	Line Dancing	Group Ex. Room	Englewood Wellness
12:30-1:30PM	\$Pt Circuit	Studio C	Venice Wellness
1:00-2:00PM	Line Dancing	Studio B	Venice Wellness
4:00-5:00PM	Pilates Mat	Studio B	Venice Wellness

3:00-5:30PM	\$Advanced Fencing	Studio A	Venice Wellness
5:30-6:30PM	\$Beginning Fencing	Studio A	Venice Wellness
5:10PM (3/8-5/29)	\$Pre-Dance (3-5 yrs)	Gymnastic Dance Studios	Venice Gymnastics
5:30-6:30PM (6/28-7/9) (7/12-8/20)	\$Boot Camp	Studio B	Venice Wellness
5:30-6:30PM	Cardio & Strength Circuit \$Free Motion Fitness Spinning Step Interval	Studio C Free Motion Room Spin Room Group Ex. Room	Venice Wellness \ Venice Wellness Englewood Wellness
5:45PM (3/8-5/29)	\$Pre-Tap (3-5 yrs)	Gymnastic Dance	Venice Gymnastics
6:00-7:00PM	Spinning	Spin Room	Venice Wellness
6:20PM (3/8-5/29)	\$Tap & Jazz I (1 st -5 th)	Gymnastic Dance Studios	Venice Gymnastics
6:30PM (3/8-5/29)	\$Instructional(1 st -3 rd)	Gymnastic Studio Studios	Venice Gymnastics
6:30-7:30PM	Fitball & Sculpt Pilates Mat \$Reformer Pilates ZUMBA	Group Ex. Room Studio B Pilates Studio Studio C	Englewood Wellness Venice Wellness
6:30-7:30PM (3/8-5/29)	\$Let's Cheer & Tumble (1 st - 5 th)	Gymnastic Studio	Venice Gymnastics
7:00-8:15PM	\$Taekwon-do	Studio A	Venice Wellness