



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OUTDOOR GROUP EXERCISE

**VENICE YMCA
MAY 18TH - 23RD**

PLEASE NOTE THAT OUTDOOR GROUP EXERCISE CLASSES WILL HAVE LIMITED ACCESS ON A FIRST-COME, FIRST-SERVED BASIS UTILIZING SOCIAL DISTANCING GUIDELINES AND MAINTAINING 6 FEET BETWEEN MEMBERS.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

7:30 AM
SPINNING

7:30 AM
SPINNING

7:30 AM
SPINNING

7:30 AM
SPINNING

8:30 AM
ACTIVE ADULTS

8:30 AM
YOGA

8:30 AM
ACTIVE ADULTS

8:30 AM
YOGA

9:30 AM
ZUMBA

9:30 AM
PILATES

9:30 AM
ZUMBA

9:30 AM
CORE STRENGTH

5:00 PM
SPINNING

5:00 PM
ZUMBA

5:00 PM
SPINNING

5:00 PM
YOGA

DETAILED SCHEDULE CAN BE FOUND AT

<https://www.swflymca.org/main/schedule-online/>