



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Group Fitness Classes

Mondays & Wednesdays

- Sailboat Bend Apartments, 425 SW 4th Ave, Fort Lauderdale, FL, 33315 | Tuesday & Thursday 10am-11am
- Dixie Court Apartments, 306 W Dixie Ct, Fort Lauderdale, FL 33311 | Monday 10:30am-11:30am
- Kennedy Homes Apartments, 108 Palm Ave, Fort Lauderdale, FL 33312 | Wednesday 10:30am-11:30am
- Meridian Apartments, 2900 North 26th Ave, Hollywood, FL, 33020 | Wednesday 12pm-1pm

Tuesdays & Thursdays

- Sunny Reach Apartments/NWG V, 100 SW 18th Avenue, Fort Lauderdale, FL, 33312 | Tuesday 11am-12pm
- Northwest Gardens II/IV, 1225 NW 7th St, Fort Lauderdale, FL 33311 | Thursday 11am-12pm
- Northwest Federated Women's Center, 2161 NW 19th St, Fort Lauderdale, FL, 33311 | Tuesday & Thursday 1pm-2pm
- Dixie Court Apartments, 306 W Dixie Ct, Fort Lauderdale, FL 33311 | Tuesday & Thursday 11:30am-12:30pm
- Roosevelt Gardens Park, 2841 NW 11th St, Ft. Lauderdale, FL 33311

Fridays

- Colonial Park Apartments, 1300 Banks Rd, Margate, FL 33063 | 9:30 AM-10:30am

L.A. Lee YMCA/Mizell Community Center

1409 NW 6th Street, Fort Lauderdale, FL, 33311

YMCA Hotline: **754-312-4150**