



July Group Exercise

Firley YMCA- 525 Ellis Blvd Knowles YMCA- 424 Stadium Blvd

ANNOUNCEMENTS

Join Johanna for Sunrise Yoga on the Knowles Patio @6:00am on Tuesdays.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30am Early Bootcamp (Firley Gym): Charlene	5:30-6:30am Body Pump (Firley Gym): Sandy	5:30-6:30am Early Bootcamp (Firley Gym): Charlene	5:30-6:30am Body Pump (Firley Gym): Sandy	6:00-7:00am Sweat Bootcamp (Firley Gym): Leslie		
	6:00-6:45am Sunrise Yoga (Knowles Patio): Johanna	8:00-8:45am Cycle (Firley Cycle Rm): Teresa		8:00-8:45am Cycle (Firley Cycle Rm): Dan	8:00-9:00am Yoga Basics (Firley MPR): Rebecca	
9:00-9:45am Forever Fit (Knowles Gymnastics): Ellie	9:00-9:45am Forever Fit (Knowles Gymnastics): Sheila	9:00-9:45am Forever Fit (Knowles Gymnastics): Ellie	9:00-9:45am Forever Fit (Knowles Gymnastics): Sheila			
*10:00-10:45am Silver Sneakers Classic (Knowles Gymnastic Room) Ellie	10:00-11:00am Bootcamp (Firley Gym): Leslie	*10:00-10:45am Silver Sneakers Classic (Knowles Gymnastic Room) Ellie	10:00-11:00am Bootcamp (Firley Gym): Leslie			
11:15-11:45am Midday Stretch (Firley Gym Floor Courts 2/3): Kay	10:00-10:45am Silver Sneakers (Knowles Gymnastics)		10:00-10:45am Silver Sneakers (Knowles Gymnastics)	11:15-11:45am Midday Stretch (Firley Gym Floor Courts 2/3): Kay		12:00-12:45pm Beginner Interval Fit (Firley MPR): Lisa
4:30-5:15pm Step It Up & More (Firley MPR): Lisa		4:30-5:15pm Step It Up & More (Firley MPR): Lisa				
5:30-6:00pm Beginner Fit-Ball Stretch & Exercise (Firley MPR): Lisa	5:30-6:30pm Pilates (Firley MPR): Liz	5:30-6:00pm Beginner Fit-Ball Stretch & Exercise (Firley MPR): Lisa				

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Offsite Classes

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:45am Silver Sneakers (Faith Lutheran)	9:00-9:45am Silver Sneakers (Trinity Lutheran)	9:00-9:45am Silver Sneakers (Faith Lutheran)	9:00-9:45am Silver Sneakers (Trinity Lutheran)	
	10:30-11:15am Silver Sneakers (Wesley United)		10:30-11:15am Silver Sneakers (Wesley United)	

