



November Group Exercise

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

ANNOUNCEMENTS

It's time to try Hot Yoga on Wednesdays with Laura in the MPR at 6:15pm!

FOLLOW THE JCYMCA HEALTH & WELLNESS PAGE FOR MORE UPDATES!



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		
		8:00-9:00am 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 Basketball Court): Ellie	9:00-9:45am Forever Fit (Knowles Basketball Court): Sheila	9:00-9:45am Forever Fit (Knowles Basketball Court): Ellie	9:00-9:45am Forever Fit (Knowles Basketball Court): Sheila			
	9:00-9:45am Silver Sneakers (Knowles Annex)		9:00-9:45am Silver Sneakers (Knowles Annex)			
*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 MPR): Kay	10:00-10:45am Silver Sneakers (Knowles Annex): Dorothy	4:30-5:15pm Step It Up & More (Firley MPR): Lisa	10:00-10:45am Silver Sneakers (Knowles Annex): Dorothy	11:15-11:45am Midday Stretch (Firley MPR): Kay		12:00-12:45pm Beginner Interval Fit (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				
5:30-6:00pm Beginner Fit-Ball Stretch & Exercise (Firley MPR): Lisa	5:30-6:30pm Pilates (Firley MPR): Liz	6:15pm-7:00pm Hot Yoga (Firley MPR): Laura				

Offsite Classes

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

