



# March Group Exercise

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

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		
			6:30am-7:15am Black Light Hot Yoga (Firley Cycling Room): Laura		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	8:00-8:30am Beginners Zumba (Firley MPR): Lisa		
	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			
11:15-12:00pm 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	11:15-12:00pm 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			11:00-11:45am Goldilocks Yoga (Knowles Annex):Therese			
	5:30-6:30pm Pilates (Firley MPR): Liz	6:15pm-7:00pm Black Light Hot Yoga (Firley Cycling Room): 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)	

## ANNOUNCEMENTS

Come join Lisa @ 8:00am-8:30am Friday for Beginners Zumba class! Get ready to dance, sweat, and have a blast in this high energy class. This class combines Latin and international rhythms with easy to follow dance moves.

Say goodbye to your boring workout routine and join Laura for Black Light Hot Yoga on Wednesday evenings at 6:15pm-7:00pm and Thursday mornings at 6:30am-7:15am. (Firley Cycling Room) Glow under the black lights while you enjoy a 90 degree room to stretch your body like you have never stretched before!

Try Goldilocks Yoga at Knowles Annex with Therese Thursdays at 11:00-11:45am Explore the just right yoga practice option for them: chair, floor, and/or standing.

FOLLOW THE JCYMCA HEALTH & WELLNESS PAGE FOR MORE UPDATES!



