



January Group Exercise
Firley YMCA- 525 Ellis Blvd
Knowles YMCA- 424 Stadium Blvd

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>5:30-6:30am</i> Early Bootcamp (Firley Gym): Charlene	<i>5:30-6:30am</i> Body Pump (Firley Gym): Sandy	<i>5:30-6:30am</i> Early Bootcamp (Firley Gym): Charlene	<i>5:30-6:30am</i> Body Pump (Firley Gym): Sandy		
		<i>5:30-6:15am</i> Sunrise Cycle* (Firley Cycle Rm): Sandy/Susan		<i>6:00-7:00am</i> Sweat Bootcamp (Firley Gym): Leslie	
		<i>8:30-9:15am</i> Cycle (Firley Cycle Rm): Teresa/Dan		<i>8:30-9:15am</i> Cycle (Firley Cycle Rm): Teresa/Dan	
<i>9:00-9:45am</i> Cardio Mix (Firley MPR): Suzette	<i>9:00-9:45am</i> Forever Fit (Knowles Annex): Rebecca	<i>9:00-9:45am</i> Forever Fit (Knowles Annex): Rebecca	<i>9:00-9:45am</i> Forever Fit (Knowles Annex): Rebecca	<i>9:00-9:45am</i> Cardio Mix (Firley Gym): Kelly	
	<i>10:00-11:00am</i> Bootcamp* (Firley Gym): Leslie	<i>12:05-12:50pm</i> Pilates (Firley MPR): Liz	<i>10:00-11:00am</i> Bootcamp* (Firley Gym): Leslie		
<i>12:05-12:35pm</i> Full Body Blast* (Firley Gym): Rebecca	<i>12:05-12:35pm</i> Core & More* (Firley Gym): Leslie	<i>12:05-12:35pm</i> Full Body Blast* (Firley Gym): Rebecca	<i>12:05-12:35pm</i> Core & More* (Firley Gym): Leslie		
<i>4:30-5:15pm</i> Step It Up (Firley MPR): Lisa	<i>4:30-5:15pm</i> Bootcamp (Firley Gym): Dustin	<i>4:30-5:15pm</i> Step It Up (Firley MPR): Lisa	<i>4:30-5:15pm</i> Bootcamp (Firley Gym): Dustin		
<i>5:30-6:30pm</i> Body Pump* (Firley Gym): Lori	<i>5:30-6:30pm</i> Pilates (Firley MPR): Liz	<i>5:30-6:30pm</i> Body Pump* (Firley Gym): Lori	<i>5:30-6:30pm</i> Pilates (Firley MPR): Liz		
	<i>5:30-6:15pm</i> Cycle (Firley Cycle RM): Geda/Melanie		<i>5:30-6:15pm</i> Cycle (Firley Cycle Rm): Geda/Melanie		

Monday	Tuesday	Wednesday	Thursday	Friday
<i>9:00-9:45am</i> Silver Sneakers (Faith Lutheran)	<i>9:00-9:45am</i> Silver Sneakers (Trinity Lutheran)	<i>9:00-9:45am</i> Silver Sneakers (Faith Lutheran)	<i>9:00-9:45am</i> Silver Sneakers (Trinity Lutheran)	
	<i>10:15-11:00am</i> Silver Sneakers (Community Christian)		<i>10:15-11:00am</i> Silver Sneakers (Community Christian)	
	<i>10:30-11:15am</i> Silver Sneakers (Wesley United)		<i>10:30-11:15am</i> Silver Sneakers (Wesley United)	<i>10:30-11:15am</i> Silver Sneakers (Primrose Retirement)
<i>12:05-12:45pm</i> MO State Aerobics (Truman Bldg.)	<i>12:05-12:45pm</i> MO State Aerobics (Truman Bldg.)	<i>12:05-12:45pm</i> MO State Aerobics (Truman Bldg.)	<i>12:05-12:45pm</i> MO State Aerobics (Truman Bldg.)	<i>12:05-12:45pm</i> MO State Aerobics (Truman Bldg.)

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