



**May Group Exercise**  
**Firley YMCA- 525 Ellis Blvd**  
**Knowles YMCA- 424 Stadium Blvd**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>5:30-6:30am</i> <b>Early Bootcamp*</b> (Firley Gym): Charlene	<i>5:30-6:30am</i> <b>Body Pump</b> (Firley Gym): Sandy	<i>5:30-6:30am</i> <b>Early Bootcamp*</b> (Firley Gym): Charlene	<i>5:30-6:30am</i> <b>Body Pump</b> (Firley Gym): Sandy	6:00-7:00am <b>Sweat Bootcamp</b> (Firley Gym): Leslie	
		<i>8:00-8:45am</i> <b>Cycle</b> (Firley Gym): Teresa		<i>8:00-8:45am</i> <b>Cycle</b> (Firley Gym): Dan	
<i>9:00-9:45am</i> <b>Cardio Mix</b> (Firley Gym): Suzette	<i>9:00-9:45am</i> <b>Forever Fit</b> (Knowles Gym): Kathy	<i>9:00-9:45am</i> <b>Forever Fit</b> (Knowles Gym): Kathy	<i>9:00-9:45am</i> <b>Forever Fit</b> (Knowles Gym): Kathy	<i>9:00-9:45am</i> <b>Cardio Mix</b> (Firley Gym): Kelly	8:00-8:45am <b>Yoga Basics</b> (Firley Gym): Rebecca
				10:00-10:45am <b>Mid-Morning Yoga</b> (Firley Gym): Lawren	9:00-9:45am <b>Yoga Basics</b> (Firley Gym): Rebecca
	<i>10:00-11:00am</i> <b>Bootcamp*</b> (Firley Gym): Leslie		<i>10:00-11:00am</i> <b>Bootcamp*</b> (Firley Gym): Leslie		
	<i>12:05-12:35pm</i> <b>Core &amp; More*</b> (Firley Gym): Leslie		<i>12:05-12:35pm</i> <b>Core &amp; More*</b> (Firley Gym): Leslie		
<i>4:30-5:15pm</i> <b>Step It Up &amp; More</b> (Firley Gym): Lisa	<i>5:00-5:45pm</i> <b>Bootcamp</b> (Firley Multipurpose Courts 1 & 2): Dusty	<i>4:30-5:15pm</i> <b>Step It Up &amp; More</b> (Firley Gym): Lisa	<i>5:00-5:45pm</i> <b>Bootcamp</b> (Firley Multipurpose Courts 1 & 2): Dusty		
<i>5:30-6:30pm</i> <b>Body Pump*</b> (Firley Gym): Lori	<i>5:30-6:30pm</i> <b>**Pilates</b> (Facebook Live): Liz	<i>5:30-6:30pm</i> <b>Body Pump*</b> (Firley Gym): Lori	<i>5:30-6:30pm</i> <b>**Pilates</b> (Facebook Live): Liz		
	<i>5:30-6:15pm</i> <b>Cycle</b> (Firley Gym): Geda		<i>5:30-6:15pm</i> <b>Cycle</b> (Firley Gym): Melanie		

\*JCPS eligible class

\*\*Pilates will be held live on the YMCA's Facebook page.

**Remember to disinfect equipment before and after use. Maintain at least a 6 foot distance from others!**