



November 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	6:00-7:00am Sweat Bootcamp (Firley Gym): Leslie	
		<i>8:00-8:45am</i> Cycle (Firley Cycle Rm): Teresa		<i>8:00-8:45am</i> Cycle (Firley Cycle Rm): Dan	
8:00 – 9:00am **Y Walking Club (Knowles Track): Kathy	<i>9:00-9:45am</i> Forever Fit (Knowles Gym): Kathy	<i>9:00-9:45am</i> Forever Fit (Knowles Gym): Kathy	<i>9:00-9:45am</i> Forever Fit (Knowles Gym): Kathy	8:00 – 9:00am **Y Walking Club (Knowles Track): Kathy	8:00-8:45am Yoga Basics (Firley MPR): Rebecca
	<i>10:00-11:00am</i> Bootcamp (Firley Gym): Leslie		<i>10:00-11:00am</i> Bootcamp (Firley Gym): Leslie	<i>9:00-9:45am</i> Cardio Mix (Firley Gym): Kelly	9:00-9:45am Yoga Basics (Firley MPR): Rebecca
10:15 – 11:00am Silver Sneakers Classic (Knowles Gym): Kathy D	<i>12:05-12:35pm</i> Core & More (Firley Gym): Leslie	10:15 – 11:00am Silver Sneakers Yoga (Knowles Gym): Kathy D	<i>12:05-12:35pm</i> Core & More (Firley Gym): Leslie	10:15 – 11:00am Silver Sneakers Classic (Knowles Gym): Kathy D	
<i>4:30-5:15pm</i> Step It Up & More (Firley MPR): Lisa	<i>5:30-6:30pm</i> Pilates (Facebook Live): Liz	<i>4:30-5:15pm</i> Step It Up & More (Firley MPR): Lisa			
<i>5:30-6:30pm</i> Body Pump (Firley Gym): Lori		<i>5:30-6:30pm</i> Body Pump (Firley Gym): Tina			

Off-site classes

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 (Trinity Lutheran)		<i>10:15-11:00am</i> Silver Sneakers (Trinity Lutheran)	
	<i>10:30-11:15am</i> Silver Sneakers (Wesley United)		<i>10:30-11:15am</i> Silver Sneakers (Wesley United)	

**New Class

All Silver Sneakers classes are chair based.