



September 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>6:00-7:00am</i> 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	
	<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		<i>8:00-8:45am</i> 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	<i>9:00-9:45am</i> Yoga Basics (Firley MPR): Rebecca
<i>10:15 – 11:00am</i> Silver Sneakers Classic (Knowles Gym): Kathy D	<i>12:05-12:35pm</i> Core & More (Firley Gym): Leslie	<i>10:15 – 11:00am</i> Silver Sneakers Classic (Knowles Gym): Kathy D	<i>12:05-12:35pm</i> Core & More (Firley Gym): Leslie	<i>10:15 – 11:00am</i> Silver Sneakers Classic (Knowles Gym): Kathy D	
<i>4:30-5:15pm</i> Step It Up & More (Firley MPR): Lisa		<i>4:30-5:15pm</i> Step It Up & More (Firley MPR): Lisa			
<i>5:30-6:00pm</i> Beginner Fit-Ball Stretch & Exercise (Firley MPR): Lisa		<i>5:30-6:00pm</i> Beginner Fit-Ball Stretch & Exercise (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)	

All Silver Sneakers classes are chair based.