



# May Group Exercise

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	
		8:00-8:45am Cycle (Firley Cycle Rm): Teresa		8:00-8:45am Cycle (Firley Cycle Rm): Dan	8:00-8:45am Yoga Basics (Firley MPR): Rebecca
	9:00-9:45am Forever Fit (Knowles Gym): Kathy	9:00-9:45am Forever Fit (Knowles Gym): Kathy	9:00-9:45am Forever Fit (Knowles Gym): Kathy	9:00-9:45am Groovin' Step & Abs (Firley Gym): Kelly	9:00-9:45am Yoga Basics (Firley MPR): Rebecca
10:15 – 11:00am Silver Sneakers Classic (Knowles Gym): Kathy	10:00-11:00am Bootcamp (Firley Gym): Leslie	10:15 – 11:00am Silver Sneakers Yoga (Knowles Gym): Kathy	10:00-11:00am Bootcamp (Firley Gym): Leslie	10:15 – 11:00am Silver Sneakers Classic (Knowles Gym): Kathy	
4:30-5:15pm Step It Up & More (Firley MPR): Lisa		4:30-5:15pm Step It Up & More (Firley MPR): Lisa			
5:30-6:00pm Beginner Fit-Ball Stretch & Exercise (Firley MPR): Lisa		5:30-6:00pm Beginner Fit-Ball Stretch & Exercise (Firley MPR): Lisa			
5:30-6:30pm Body Pump (Firley Gym): Lori		5:30-6:30pm Body Pump (Firley Gym): Tina			

## Off-site classes

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:45am Silver Sneakers (Faith Lutheran)	9:00 – 9:45am Silver Sneakers (Trinity Lutheran)	9:00-9:45am Silver Sneakers (Faith Lutheran)	9:00 – 9:45am Silver Sneakers (Trinity Lutheran)	
	10:15-11:00am Silver Sneakers (Trinity Lutheran)		10:15-11:00am Silver Sneakers (Trinity Lutheran)	
	10:30-11:15am Silver Sneakers (Wesley United)		10:30-11:15am Silver Sneakers (Wesley United)	

All Silver Sneakers classes are chair based.