



October Group Exercise

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

ANNOUNCEMENTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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): Ellie	9:00-9:45am Forever Fit (Knowles Gym): Karli	9:00-9:45am Forever Fit (Knowles Gym): Ellie	9:00-9:45am Forever Fit (Knowles Gym): Karli	9:00-9:45am Groovin Step & Abs (Firley Gym): Kelly		
10:00-10:45am Silver Sneakers Classic (Knowles Annex) Ellie	10:00-10:45am Silver Sneakers Yoga (Knowles Annex) Karli	10:00-10:45am Silver Sneakers Classic (Knowles Annex) Ellie	10:00-10:45am Silver Sneakers Classic (Knowles Annex) Karli	10:00-10:45am Silver Sneakers Yoga (Knowles Annex) Karli		
	10:00-11:00am Bootcamp (Firley Gym): Leslie		10:00-11:00am Bootcamp (Firley Gym): Leslie			12:00-12:45pm Beginner Interval Fit (Firley MPR): Lisa
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): Tina	5:45-6:45pm Afro-Dance (Firley MPR): Sandra	5:30-6:30pm Body Pump (Firley Gym): Tina				

Introducing "Afro-Dance" at the Firley YMCA at 5:45pm on Tuesdays! Get fit and learn the basics of Afro dance in a fresh and upbeat space. All are welcome!

Introducing "Beginner Interval Fit" from 12:00-12:45pm on Sundays in the Firley MPR. A Shazamming 45 minute Beginner Level FUN/FIT cardio class (interval style) adding weights, bands, floor exercises and stretching.

6:30am Barre Class on Thursdays has been removed this month.

Offsite 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)	

