



May 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 Cardio, Core & Cool Down (Knowles Gym): Karli		
*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	*9:00-9:45am Groovin Step & Abs (Firley Gym) with Kelly		
	10:00-11:00am Bootcamp (Firley Gym): Leslie		10:00-11:00am Bootcamp (Firley Gym): Leslie	10:00-11:00am Silver Sneakers Yoga (Knowles Annex) Karli		12:00-12:45pm Beginner Interval Fit (Firley MPR): Lisa
4:30-5:15pm Step It Up & More (Firley MPR): Lisa	12:00-12:45am Afternoon Yoga (Firley MPR): Karli	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	5:30-6:30pm Pilates Flow (Firley MPR): Liz	5:30-6:30pm Body Pump (Firley Gym): Tina				

Join Karli for step to increase your heart rate with pilates to strengthen your Core and yoga to cool in the Friday 9:00am "Cardio, Core & Cool Down" class. (Name change from Forever Fit).

*Starting May 30th, the Knowles 9:00am Forever Fit class will be moved to the Firley Gymnasium and the Knowles Annex 10:00am Silver Sneakers will be in the Firley MPR and will remain the for there summer. Class start and end time will remain the same.

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)	

