



June Group Exercise

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

ANNOUNCEMENTS

Enjoy the outdoors and relax your mind and body with Outdoor Sunrise Yoga starting this month on the Knowles Patio (located to the east side of the building, down the outside steps from the parking lot). Johanna and Therese will be having classes Tuesday and Thursday from 6:00 to 6:45am)

*The Knowles 9:00am Forever Fit class and the Knowles Annex 10:00am Silver Sneakers will be in the **KNOWLES GYMNASTICS ROOM** and will remain there for the summer. Class start and end time will remain the same.

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		
	6:00-6:45 Outdoor Sunrise Yoga (Knowles Patio): Johanna	8:00-8:45am Cycle (Firley Cycle Rm): Teresa	6:00-6:45 Outdoor Sunrise Yoga (Knowles Patio): Therese	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 Gymnastics Room): Ellie	*9:00-9:45am Forever Fit (Knowles Gymnastics Room): Karli	*9:00-9:45am Forever Fit (Knowles Gymnastics Room): Ellie	*9:00-9:45am Forever Fit (Knowles Gymnastics Room): Karli	*9:00-9:45am Cardio, Core & Cool Down (Knowles Gymnastic Room): Karli		
*10:00-10:45am Silver Sneakers Classic (Knowles Gymnastic Room) Ellie	*10:00-10:45am Silver Sneakers Yoga (Knowles Gymnastic Room) Karli	*10:00-10:45am Silver Sneakers Classic (Knowles Gymnastic Room) Ellie	*10:00-10:45am Silver Sneakers Classic (Knowles Gymnastic Room) 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 Gymnastic Room) 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				

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		10:30-11:15am Silver Sneakers	

	(Wesley United)		(Wesley United)	
--	-----------------	--	-----------------	--