



January Group Exercise

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

ANNOUNCEMENTS

Friday "Cardio, Core & Cool Down" from 9-9:45am at Knowles has been removed from the schedule.

Friday "Silver Sneakers Yoga" from 10-10:45am at Knowles has been removed from the schedule.

***Tuesday & Thursday 9:00am Forever Fit and 10:00am Silver Sneaker classes will be cancelled after January 15th.

**Tuesday & Friday 12:00pm Afternoon Yoga classes will be cancelled after January 15th.

FOLLOW THE JCYMCA HEALTH & WELLNESS PAGE FOR MORE UPDATES!



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	***9:00-9:45am Forever Fit (Knowles Gym Floor): Karli	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 Floor): Ellie	***9:00-9:45am Forever Fit (Knowles Gym Floor): Karli	9:00-9:45am Forever Fit (Knowles Gym Floor): Ellie	***10:00-10:45am Silver Sneakers Classic (Knowles Gymnastic Room): Karli	9:00-9:45am Groovin Step & Abs (Firley Gym) with Kelly		
*10:00-10:45am 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	10:00-11:00am 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	12:00-12:45am **Afternoon Yoga (Firley MPR): Karli	4:30-5:15pm Step It Up & More (Firley MPR): Lisa		**12:00-12:45am Afternoon Yoga (Firley MPR): Karli		
5:30-6:00pm Beginner Fit-Ball Stretch & Exercise (Firley MPR): Lisa	5:30-6:30pm Pilates (Firley MPR): Liz	5:30-6:00pm Beginner Fit-Ball Stretch & Exercise (Firley MPR): Lisa				

Offsite Classes

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

