

March Group Exercise

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

Friday Saturday Monday Tuesday Wednesday **Thursday** Sunday 5:30-6:30am 5:30-6:30am 5:30-6:30am 5:30-6:30am 6:00-7:00am Early Bootcamp **Body Pump** Early Bootcamp **Body Pump** Sweat Bootcamp (Firley Gym): (Firley Gym): Sandy (Firley Gym): Charlene (Firley Gym): Sandy (Firley Gym): Leslie Charlene 9:00-9:45am 8:00-8:45am 9:00-9:45am 8:00-8:45am 8:00-8:45am Forever Fit Cycle Forever Fit Cycle Yoga Basics (Firley Cycle Rm): Teresa (Firley Cycle Rm): Dan (Firley MPR): (Knowles Gym Floor): (Knowles Gym Floor): Sheila Sheila Rebecca 9:00-9:45am 9:00 - 9:45am 9:00-9:45am 9:00 - 9:45am Forever Fit Silver Sneakers Forever Fit Silver Sneakers (Knowles Gym Floor): (Knowles Gym Floor): (Knowles Annex) (Knowles Annex) Ellie *10:00-10:45am 10:00-11:00am *10:00-10:45am 10:00-11:00am Silver Sneakers Silver Sneakers Classic Bootcamp Bootcamp Classic (Firley Gym): Leslie (Knowles Gymnastic (Firley Gym): Leslie (Knowles Gymnastic Room) Ellie Room) Ellie 11:00-11:45am 11:00-11:45am 12:00-12:45pm Beginner Interval Fit Silver Sneakers Silver Sneakers (Firley MPR): Lisa (Knowles Annex (Knowles Annex) 4:30-5:15pm 4:30-5:15pm Step It Up & More Step It Up & More (Firley MPR): Lisa (Firley MPR): Lisa 5:30-6:00pm 5:30-630pm 5:30-6:00pm Beginner Fit-Ball **Pilates Beginner Fit-Ball Stretch** Stretch & Exercise (Firley MPR): Liz & Exercise (Firley MPR): Lisa (Firley MPR): Lisa

ANNOUNCEMENT S

Goovin Step & Abs has been removed from the schedule.

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Offsite Classes

Monday	Tuesday	Wednesday	Thursday	Friday
<i>9:00-9:45am</i> Silver Sneakers (Faith Lutheran)		<i>9:00-9:45am</i> Silver Sneakers (Faith Lutheran)		
	<i>10:30-11:15am</i> Silver Sneakers (Wesley United)		10:30-11:15am Silver Sneakers (Wesley United)	