



# April Group Exercise

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

## ANNOUNCEMENTS

Improve your pickle ball game with the new class: **Functional Fitness for Lifetime Sports!** This class will teach proper warm up skills so you can improve your functional movements, on and off the court. This class will be on Mondays and Fridays on the Firley basketball courts at 11:15-11:45am.

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		
	9:00-9:45am Forever Fit (Knowles Gym Floor): Sheila	8:00-8:45am Cycle (Firley Cycle Rm): Teresa	9:00-9:45am Forever Fit (Knowles Gym Floor): Sheila	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 Silver Sneakers (Knowles Annex)	9:00-9:45am Forever Fit (Knowles Gym Floor): Ellie	9:00-9:45am Silver Sneakers (Knowles Annex)			
*10:00-10:45am Silver Sneakers Classic (Knowles Gymnastic Room) Ellie	10:00-11:00am Bootcamp (Firley Gym): Leslie	*10:00-10:45am Silver Sneakers Classic (Knowles Gymnastic Room) Ellie	10:00-11:00am Bootcamp (Firley Gym): Leslie			
11:15-11:45am Functional Fitness (Firley Gym Floor Courts 2/3): Kay	11:00-11:45am Silver Sneakers (Knowles Annex)		11:00-11:45am Silver Sneakers (Knowles Annex)	11:15-11:45am Functional Fitness (Firley Gym Floor Courts 2/3): Kay		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	5:30-6:30pm 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 (Faith Lutheran)		
	10:30-11:15am Silver Sneakers (Wesley United)		10:30-11:15am Silver Sneakers (Wesley United)	

