



# July Group Exercise

Firley YMCA- 525 Ellis Blvd

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>5:30-6:30am</i> Early Bootcamp (Firley Gym): Charlene	<i>5:30-6:30am</i> Body Pump (Firley Gym): Sandy	<i>5:30-6:30am</i> Early Bootcamp (Firley Gym): Charlene	<i>5:30-6:30am</i> Body Pump (Firley Gym): Sandy	<i>6:00-7:00am</i> Sweat Bootcamp (Firley Gym): Leslie		
	<i>9:00-9:45am</i> Silver Sneakers Classic (Firley MPR): Charlene		<i>6:30-7:15am</i> <i>Black Light Hot Yoga</i> (Firley Cycling Room): Laura	<i>8:00-8:30am</i> Beginners Zumba and Dance (Firley MPR):Lisa	<i>8:00-9:00am</i> Yoga Basics (Firley MPR): Rebecca	
<i>9:00-9:45am</i> Forever Fit (Firley Basketball Courts ): Ellie	<i>9:00-9:45am</i> Forever Fit (Firley Basketball Courts): Sheila	<i>9:00-9:45am</i> Forever Fit (Firley Basketball Courts): Ellie	<i>9:00-9:45am</i> Silver Sneakers Classic (Firley MPR): Charlene			
<i>*10:00-10:45am</i> Silver Sneakers Classic (Firley MPR) Ellie	*	<i>*10:00-10:45am</i> Silver Sneakers Classic (Firley MPR) Ellie	<i>9:00-9:45am</i> Forever Fit (Firley Basketball Courts): Sheila	<i>10:00am-10:45am</i> Silver Sneakers (Firley MPR): Dorothy		
<i>10:00-10:30am</i> <i>Mommy and Me</i> (Firley Cycling Room): Johanna	<i>10:00-11:00am</i> Bootcamp (Firley Gym): Leslie	<i>10:00-10:30am</i> <i>Mommy and Me</i> (Firley Cycling Room): Johanna	<i>10:00-11:00am</i> Bootcamp (Firley Gym): Leslie			
<i>11:15-12:00pm</i> <i>Midday Stretch</i> (Firley MPR): Kay			<i>11:45-12:30pm</i> <i>Goldilocks Yoga</i> (Knowles Child Care Room): Therese	<i>11:15-12:00pm</i> <i>Midday Stretch</i> (Firley MPR): Kay		
<i>4:30-5:15pm</i> Step It Up & More (Firley MPR): Lisa		<i>4:30-5:15pm</i> Step It Up & More (Firley MPR): Lisa				
	<i>5:30-6:30pm</i> Pilates Flow (Firley MPR): Liz	<i>6:15-7:00pm</i> <i>Black Light Hot Yoga</i> (Firley Cycling Room): Laura				

Join Johanna from 10:00-10:30am Monday and Wednesday for her new class: Mommy and Me movement classes offer a structured and enjoyable environment for parents and children age 3-6 years to connect, learn, and grow through movement and music. Classes combine movement, music, rhythm, and playful exercises. Parents are required to stay with their children for the duration of the class. This class will be in the Firley Cycling Room.

Sunday Beginner Interval Fit with Lisa has been removed from the schedule.

## 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 Snerakers (Wesley United)		<i>10:30-11:15am</i> Silver Snerakers (Wesley United)	

