



September Group Exercise

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

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 Silver Sneakers Classic (Knowles Annex): Charlene		6:30-7:15am Black Light Hot Yoga (Firley Cycling Room): Laura	8:00-8:30am Beginners Zumba and Dance (Firley MPR):Lisa	8:00-9:00am Yoga Basics (Firley MPR): Rebecca	
9:00-9:45am Forever Fit (Firley Basketball Courts): Ellie	9:00-9:45am Forever Fit (Firley Basketball Courts): Sheila	9:00-9:45am Forever Fit (Firley Basketball Courts): Ellie	9:00-9:45am Silver Sneakers Classic (Knowles Annex): Charlene			
*10:00-10:45am Silver Sneakers Classic (Firley MPR) Ellie		*10:00-10:45am Silver Sneakers Classic (Firley MPR) Ellie	9:00-9:45am Forever Fit (Firley Basketball Courts): Sheila	10:00am-10:45am Silver Sneakers (Firley MPR): Dorothy		
10:00-10:30am Mommy and Me (Firley Cycling Room): Johanna	10:00-11:00am Bootcamp (Firley Gym): Leslie		10:00-11:00am Bootcamp (Firley Gym): Leslie			
11:15-12:00pm Midday Stretch (Firley MPR): Kay			11:45-12:30pm Goldilocks Yoga (Knowles Child Care Room): Therese	11:15-12:00pm Midday Stretch (Firley MPR): Kay		
4:30-5:15pm Step It Up & More (Firley MPR): Lisa		4:30-5:15pm Step It Up & More (Firley MPR): Lisa				
	5:30-6:30pm Pilates (Firley MPR): Liz	6:15-7:00pm Black Light Hot Yoga (Firley Cycling Room): Laura				

Join Johanna from
10:00-10:30am
Monday mornings 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.

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 Snerakers (Wesley United)		10:30-11:15am Silver Snerakers (Wesley United)	

