



November Group Exercise

Firley YMCA- 525 Ellis Blvd and Knowles YMCA- 424 Stadium 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 (Knowles Annex): Charlene		<i>6:30-7:15am</i> <i>Black Light Hot Yoga</i> (Firley Cycling Room): Laura	<i>8:00-8:45am</i> Dance Fitness (Firley MPR): Crystal	<i>8:00-9:00am</i> Yoga Basics (Firley MPR): Rebecca	
<i>9:00-9:45am</i> Forever Fit (Knowles Basketball Courts): Ellie	<i>9:00-9:45am</i> Forever Fit (Knowles Basketball Courts): Sheila	<i>9:00-9:45am</i> Forever Fit (Knowles Basketball Courts): Ellie	<i>9:00-9:45am</i> Silver Sneakers Classic (Knowles Annex): Charlene			
<i>10:00-10:45am</i> Silver Sneakers Classic (Knowles Basketball Courts): Ellie		<i>10:00-10:45am</i> Silver Sneakers Classic (Knowles Basketball Courts): Ellie	<i>9:00-9:45am</i> Forever Fit (Knowles Basketball Courts): Sheila	<i>10:00am-10:45am</i> Silver Sneakers (Knowles Basketball Courts): Dorothy		
	<i>10:00-11:00am</i> Bootcamp (Firley Gym): Leslie		<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>5:30-6:30pm</i> Pilates (Firley MPR): Liz	<i>6:15-7:00pm</i> <i>Black Light Hot Yoga</i> (Firley Cycling Room): Laura				

10:00am Mommy and me with Johanna has been removed from the schedule.

4:30pm Step It Up & More with Lisa has temporarily 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 Sneakers (Wesley United)		<i>10:30-11:15am</i> Silver Sneakers (Wesley United)	

