



February 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		8:00-9:00am Yoga Basics (Firley MPR): Rebecca	
9:00-9:45am Forever Fit (Knowles Basketball Courts): Ellie	9:00-9:45am Forever Fit (Knowles Basketball Courts): Sheila	9:00-9:45am Forever Fit (Knowles Basketball Courts): Ellie	9:00-9:45am Silver Sneakers Classic (Knowles Annex): Charlene			
10:00-10:45am Silver Sneakers Classic (Knowles Basketball Courts): Ellie		10:00-10:45am Silver Sneakers Classic (Knowles Basketball Courts): Ellie	9:00-9:45am Forever Fit (Knowles Basketball Courts): Sheila			
	10:00-11:00am Bootcamp (Firley Gym): Leslie		10:00am-10:45am Wedding Crashers (Knowles Basketball Courts): Sabrina and Sheila	10:30-11:00am Butts and Guts (Firley MPR): Kay		
11:15-12:00pm Midday Stretch (Firley MPR): Kay			10:00-11:00am Bootcamp (Firley Gym): Leslie	11:15-12:00pm Midday Stretch (Firley MPR): Kay		
	5:30-6:30pm Pilates (Firley MPR): Liz	6:15-7:00pm Black Light Hot Yoga (Firley Cycling Room): Laura				

Join Sabrina and Sheila on Thursdays at 10:00am at Knowles Basketball Courts for Wedding Crashers. After this month long clinic you won't have to sit out when all your friends are doing those fun line dances at weddings! This is a series of pop up classes just for February.

Join Kay on Friday mornings at 10:30am (MPR) for Butts and Guts. This low impact class focuses on glutes and abdominals.

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)	

