



February 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>8:00-9:00am</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>10:00-11:00am</i> Bootcamp (Firley Gym): Leslie		<i>10:00am-10:45am</i> <i>Wedding Crashers</i> (Knowles Basketball Courts): Sabrina and Sheila	<i>10:30-11:00am</i> <i>Butts and Guts</i> (Firley MPR): Kay		
<i>11:15-12:00pm</i> <i>Midday Stretch</i> (Firley MPR): Kay			<i>10:00-11:00am</i> Bootcamp (Firley Gym): Leslie	<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				

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
<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)	

