



# July 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 (Firley Basketball Courts): 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 Turf Room) :Ellie	9:00-9:45am Forever Fit (Knowles Turf Room): Sheila	9:00-9:45am Forever Fit (Knowles Turf Room) :Ellie	9:00-9:45am Silver Sneakers Classic (Firley Basketball Courts): Charlene			
10:00-10:45am Silver Sneakers Classic (Knowles Turf Room): Ellie		10:00-10:45am Silver Sneakers Classic (Knowles Turf Room ): Ellie	9:00-9:45am Forever Fit (Knowles Turf Room): Sheila			
	10:00-11:00am Bootcamp (Firley Gym): Leslie		10:00am-10:45am Wedding Crashers (Firley MPR): Sabrina	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		
		Pop up Body Pump 5:30pm on July 8, 15, 22, 29 with Ellie on the Firley Basketball Courts				
	5:30-6:30pm Pilates (Firley MPR): Liz	6:15-7:00pm Black Light Hot Yoga (Firley Cycling Room): Laura				

Join Ellie for a pop up Body Pump at 5:30pm on July 8, 15, 22, 29 at Firley on the basketball courts.

## 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)	

