November 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			*10:30-11:00am* *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*				

10:00am Wedding Crashers @ Firley is canceled.

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)	