



Group Yoga

Our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

**June
2019**

Tom A. Finch Community YMCA group exercise classes are **FREE** to YMCA Members, \$50 per month for Program Participants and \$44 per month for Senior Adult (age 65 and over) Program Participants. **Class start times are in bold.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:05 AM – 11:05 AM Yoga Foundations (Murielle)
2 No Class	3 No Class	4 5:45 AM – 6:45 AM All Levels (Bill) 1:15 PM– 2:15 PM Senior Chair Yoga (Brenda) 7:00 PM – 8:00 PM All Levels (Murielle)	5 No Class	6 5:45 AM – 6:45 AM All Levels (Toni) 5:30 PM– 6:15 PM Baby Yoga (Murielle) 7:15 PM – 8:15 PM All Levels (Rob) - in studio #3 -	7 No Class	8 10:05 AM – 11:05 AM Yoga Foundations (Rob)
9 No Class	10 No Class	11 5:45 AM – 6:45 AM All Levels (Bill) 1:15 PM– 2:15 PM Senior Chair Yoga (Brenda) 7:00 PM – 8:00 PM All Levels (Murielle)	12 No Class	13 5:45 AM – 6:45 AM All Levels (Toni) 5:30 PM– 6:15 PM Baby Yoga (Murielle) 7:15 PM – 8:15 PM All Levels (Rob) - in studio #3 -	14 No Class	15 10:05 AM – 11:05 AM Yoga Foundations (Murielle)
16 No Class	17 No Class	18 5:45 AM – 6:45 AM All Levels (Bill) 1:15 PM– 2:15 PM Senior Chair Yoga (Brenda) 7:00 PM – 8:00 PM All Levels (Rob)	19 No Class	20 5:45 AM – 6:45 AM All Levels (Toni) 5:30 PM– 6:15 PM Baby Yoga (Rob) 7:15 PM – 8:15 PM All Levels (Rob) - in studio #3 -	21 No Class	22 10:05 AM – 11:05 AM Yoga Foundations (Rob)
23/30 No Class	24 No Class	25 5:45 AM – 6:45 AM All Levels (Bill) 1:15 PM– 2:15 PM Senior Chair Yoga (Brenda) 7:00 PM – 8:00 PM All Levels (Murielle)	26 No Class	27 5:45 AM – 6:45 AM All Levels (Toni) 5:30 PM– 6:15 PM Baby Yoga (Murielle) 7:15 PM – 8:15 PM All Levels (Rob) - in studio #3 -	28 No Class	29 10:05 AM – 11:05 AM Yoga Foundations (Murielle)