



Group Floor Exercise

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

**AUGUST
2017**

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.**

Sun.	Monday	Tuesday	Wed.	Thursday	Friday	Sat.
		1 9:45 AM - 10:30 AM SS® Classic (Stephanie) 10:45 AM - 11:30 AM Cardio Flex (Stephanie) 6:00PM - 6:45 PM Boot Camp (Linda)	2 6:15 AM -7:00 AM Movers & Shakers (Stephanie V) 9:15 AM - 10:00 AM Kickin' Cardio (Stephanie) 6:00 - 6:45 PM Wild Card Wednesday (Stephanie G)	3 9:45 AM - 10:30 AM Silver Circuit (Stephanie) 1:15 PM - 2:05 PM Silver Stretch (Dina) 7:10 PM - 8:10 PM Zumba (Julie) 6:00 PM - 6:45 PM Kid Fitness (Genevieve)	4 9:15 AM - 10:00 AM Kettlebells (Brandi) 10:15 AM - 11:00 AM SS® Classic (Brandi)	5 10:30 AM - 11:15 AM Cardio Dance (Genevieve)
6 No Class	7 6:15 AM - 7:00 AM Mov/Sha (Stephanie G) 9:15 AM - 10:00 AM Kettlebells (Carrie) 5:30 PM - 6:15 PM Kettlebells (Stephanie) 5:30 PM - 6:15 PM Kid Fitness (Allen) 6:30 PM - 7:30 PM Cardio Dance (Genevieve)	8 9:45 AM - 10:30 AM SS® Classic (Stephanie) 10:45 AM - 11:30 AM Cardio Flex (Stephanie) 6:00PM - 6:45 PM Boot Camp (Linda)	9 6:15 AM -7:00 AM Movers & Shakers (Stephanie V) 9:15 AM - 10:00 AM Kickin' Cardio (Stephanie) 6:00 - 6:45 PM Wild Card Wednesday (Stephanie G)	10 9:45 AM - 10:30 AM Silver Circuit (Stephanie) 1:15 PM - 2:05 PM Silver Stretch (Dina) CANCELLED 7:10 PM - 8:10 PM Zumba (Julie) 6:00 PM - 6:45 PM Kid Fitness (Genevieve)	11 9:15 AM - 10:00 AM Kettlebells (Stephanie) 10:15 AM - 11:00 AM SS® Classic (Stephanie)	12 10:30 AM - 11:15 AM Zumba (Julie)
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