



# Group Floor Exercise

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

**December  
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 9:15 AM – 10:00 AM Kettlebells (Carrie) 10:15 AM – 11:00 AM SS® Classic (Carrie)	2 10:30 AM– 11:15 AM Cardio Dance (Genevieve)
3 No Class	4 6:15 AM - 7:00 AM Movers/Shakers (Rose M) 9:15 AM – 10:00 AM Kettlebells (Carrie) 12:15 PM - 12:45 PM Lunch Crunch (Crystal) 5:30 PM – 6:15 PM Kettlebells (Brandi) 5:30 PM – 6:15 PM Kid Fit. (Allen) 6:30 PM – 7:30 PM Cardio Dance (Genevieve)	5 9:45 AM - 10:30 AM SS® Classic (Brandi) 10:45 AM – 11:30 AM Cardio Flex (Kristine) 6:00PM – 6:45 PM Boot Camp (Linda)	6 6:15 AM–7:00 AM Movers & Shakers (Rose) 9:15 AM – 10:00 AM Kickin’ Cardio (Genevieve) 6:00 – 6:45 PM Wild Card Wednesday (Nick)	7 9:45 AM - 10:30 AM Silver Circuit (Dina) 1:15 PM – 2:05 PM Silver Stretch (Dina) 5:30 PM – 6:15 PM Metabolic Effect (Kristine) 6:15 PM – 7:00 PM Kid Fitness (Matthew) 6:30 PM – 7:30 PM Cardio Dance (Genevieve)	8 9:15 AM – 10:00 AM Kettlebells (Brandi) 10:15 AM – 11:00 AM SS® Classic (Brandi)	9 10:30 AM– 11:15 AM Zumba (Julie)
10 No Class	11 6:15 AM - 7:00 AM Movers/Shakers (Rose M) 9:15 AM – 10:00 AM Kettlebells (Carrie) 12:15 PM - 12:45 PM Lunch Crunch (Crystal) 5:30 PM – 6:15 PM Kettlebells (Brandi) 5:30 PM – 6:15 PM Kid Fit. (Allen) 6:30 PM – 7:30 PM Zumba (Julie)	12 9:45 AM - 10:30 AM SS® Classic (Brandi) 10:45 AM – 11:30 AM Cardio Flex (Kristine) 6:00PM – 6:45 PM Boot Camp (Linda)	13 6:15 AM–7:00 AM Movers & Shakers (Rose) 9:15 AM – 10:00 AM Kickin’ Cardio (Genevieve) 6:00 – 6:45 PM Wild Card Wednesday (Nick)	14 9:45 AM - 10:30 AM Silver Circuit (Dina) 1:15 PM – 2:05 PM Silver Stretch (Dina) 5:30 PM – 6:15 PM Metabolic Effect (Kristine) 6:15 PM – 7:00 PM Kid Fitness (Genevieve) 6:30 PM – 7:30 PM Zumba (Julie)	15 9:15 AM – 10:00 AM Kettlebells (Brandi) 10:15 AM – 11:00 AM SS® Classic (Brandi)	16 10:30 AM– 11:15 AM Cardio Dance (Genevieve)
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24 YMCA CLOSED	25 YMCA CLOSED  Merry Christmas!	26 YMCA OPEN at 12:00pm  No Classes	27 6:15 AM–7:00 AM Movers & Shakers (Brandi) 9:15 AM – 10:00 AM Kickin’ Cardio (Genevieve) 6:00 – 6:45 PM Wild Card Wednesday (Nick)	28 9:45 AM - 10:30 AM Silver Circuit (Dina) 1:15 PM – 2:05 PM Silver Stretch (Dina) 5:30 PM – 6:15 PM Metabolic Effect (Kristine) 6:15 PM – 7:00 PM Kid Fitness (Genevieve) 6:30 PM – 7:30 PM Zumba (Julie)	29 9:15 AM – 10:00 AM Kettlebells (Brandi) 10:15 AM – 11:00 AM SS® Classic (Brandi)	30 10:30 AM– 11:15 AM Cardio Dance (Genevieve)
31 No Class Y OPEN						