



Group Water 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.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
					1 9:00 AM – 9:45 AM Deep Water Fitness (Dina) 9:45 AM – 10:30 AM Water Fitness for Health (Dina) 10:30 AM – 11:15 AM No Impact (Dina) 11:15 AM – 12:00 PM No Impact (Dina) 12:45 PM – 1:30 PM Splash (Dina)	2 No Class
3 No Class	4 9:00 AM – 9:45 AM Deep Water Fitness (Dina) 9:45 AM – 10:30 AM Water Fitness for Health (Dina) 10:30 AM – 11:15 AM No Impact (Dina) 11:15 AM – 12:00 PM No Impact (Dina) 12:45 PM – 1:30 PM Splash (Joy) 6:30 PM – 7:30 PM Water Fitness for Health (Dina)	5 No Class	6 9:00 AM – 9:45 AM Deep Water Fitness (Crystal) 9:45 AM – 10:30 AM Water Fitness for Health (Crystal) 10:30 AM – 11:15 AM No Impact (Dina) 11:15 AM – 12:00 PM No Impact (Dina) 12:45 PM – 1:30 PM Splash (Joy) 6:30 PM – 7:30 PM Water Fitness for Health (Dina)	7 No Class	8 9:00 AM – 9:45 AM Deep Water Fitness (Dina) 9:45 AM – 10:30 AM Water Fitness for Health (Dina) 10:30 AM – 11:15 AM No Impact (Dina) 11:15 AM – 12:00 PM No Impact (Dina) 12:45 PM – 1:30 PM Splash (Dina)	9 No Class
10 No Class	11 9:00 AM – 9:45 AM Deep Water Fitness (Dina) 9:45 AM – 10:30 AM Water Fitness for Health (Dina) 10:30 AM – 11:15 AM No Impact (Dina) 11:15 AM – 12:00 PM No Impact (Dina) 12:45 PM – 1:30 PM Splash (Joy) 6:30 PM – 7:30 PM Water Fitness for Health (Dina)	12 No Class	13 9:00 AM – 9:45 AM Deep Water Fitness (Crystal) 9:45 AM – 10:30 AM Water Fitness for Health (Crystal) 10:30 AM – 11:15 AM No Impact (Dina) 11:15 AM – 12:00 PM No Impact (Dina) 12:45 PM – 1:30 PM Splash (Joy) 6:30 PM – 7:30 PM Water Fitness for Health (Dina)	14 No Class	15 9:00 AM – 9:45 AM Deep Water Fitness (Dina) 9:45 AM – 10:30 AM Water Fitness for Health (Dina) 10:30 AM – 11:15 AM No Impact (Dina) 11:15 AM – 12:00 PM No Impact (Dina) 12:45 PM – 1:30 PM Splash (Dina)	16 No Class
17 No Class	18 9:00 AM – 9:45 AM Deep Water Fitness (Dina) 9:45 AM – 10:30 AM Water Fitness for Health (Dina) 10:30 AM – 11:15 AM No Impact (Dina) 11:15 AM – 12:00 PM No Impact (Dina) 12:45 PM – 1:30 PM Splash (Joy) 6:30 PM – 7:30 PM Water Fitness for Health (Dina)	19 No Class	20 9:00 AM – 9:45 AM Deep Water Fitness (Crystal) 9:45 AM – 10:30 AM Water Fitness for Health (Crystal) 10:30 AM – 11:15 AM No Impact (Dina) 11:15 AM – 12:00 PM No Impact (Dina) 12:45 PM – 1:30 PM Splash (Joy) 6:30 PM – 7:30 PM Water Fitness for Health (Dina)	21 No Class	22 9:00 AM – 9:45 AM Deep Water Fitness (Dina) 9:45 AM – 10:30 AM Water Fitness for Health (Dina) 10:30 AM – 11:15 AM No Impact (Dina) 11:15 AM – 12:00 PM No Impact (Dina) 12:45 PM – 1:30 PM Splash (Dina)	23 No Class
24 YMCA CLOSED	25 YMCA CLOSED Merry Christmas!	26 YMCA OPEN at 12:00pm No Classes	27 9:00 AM – 9:45 AM Deep Water Fitness (Crystal) 9:45 AM – 10:30 AM Water Fitness for Health (Crystal) 10:30 AM – 11:15 AM No Impact (Dina) 11:15 AM – 12:00 PM No Impact (Dina) 12:45 PM – 1:30 PM Splash (Joy) 6:30 PM – 7:30 PM Water Fitness for Health (Dina)	28 No Class	29 9:00 AM – 9:45 AM Deep Water Fitness (Dina) 9:45 AM – 10:30 AM Water Fitness for Health (Dina) 10:30 AM – 11:15 AM No Impact (Dina) 11:15 AM – 12:00 PM No Impact (Dina) 12:45 PM – 1:30 PM Splash (Dina)	30 No Class
31 No Class Y OPEN						