



# Group Floor Exercise

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

**November  
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.
			<b>1</b> <b>6:15 AM</b> - 7:00 AM Movers & Shakers (Rose) <b>9:15 AM</b> - 10:00 AM Kickin' Cardio (Genevieve) <b>6:00</b> - 6:45 PM Wild Card Wednesday (Nick)	<b>2</b> <b>9:45 AM</b> - 10:30 AM Silver Circuit (Dina) <b>1:15 PM</b> - 2:05 PM Silver Stretch (Dina) <b>5:30 PM</b> - 6:15 PM Metabolic Effect (Kristine) <b>6:15 PM</b> - 7:00 PM Kid Fitness (Matthew) <b>6:30 PM</b> - 7:30 PM Zumba (Julie)	<b>3</b> <b>9:15 AM</b> - 10:00 AM Kettlebells (Brandi) <b>10:15 AM</b> - 11:00 AM SS® Classic (Brandi)	<b>4</b> <b>10:30 AM</b> - 11:15 AM Zumba (Julie)
<b>5</b> <b>No Class</b>	<b>6</b> <b>6:15 AM</b> - 7:00 AM Movers/Shakers (Rose M) <b>9:15 AM</b> - 10:00 AM Kettlebells - CLASS CANCELLED <b>12:15 PM</b> - 12:45 PM Lunch Crunch (Crystal) <b>5:30 PM</b> - 6:15 PM Kettlebells (Brandi) <b>5:30 PM</b> - 6:15 PM Kid Fit. (Allen) <b>6:30 PM</b> - 7:30 PM Zumba (Julie)	<b>7</b> <b>9:45 AM</b> - 10:30 AM SS® Classic (Brandi) <b>10:45 AM</b> - 11:30 AM Cardio Flex (Kristine) <b>6:00PM</b> - 6:45 PM Boot Camp (Linda)	<b>8</b> <b>6:15 AM</b> - 7:00 AM Movers & Shakers (Rose) <b>9:15 AM</b> - 10:00 AM Kickin' Cardio (Genevieve) <b>6:00</b> - 6:45 PM Wild Card Wednesday (Nick)	<b>9</b> <b>9:45 AM</b> - 10:30 AM Silver Circuit (Dina) <b>1:15 PM</b> - 2:05 PM Silver Stretch (Dina) <b>5:30 PM</b> - 6:15 PM Metabolic Effect (Kristine) <b>6:15 PM</b> - 7:00 PM Kid Fitness (Matthew) <b>6:30 PM</b> - 7:30 PM Zumba (Julie)	<b>10</b> <b>9:15 AM</b> - 10:00 AM Kettlebells (Brandi) <b>10:15 AM</b> - 11:00 AM SS® Classic (Brandi)	<b>11</b> <b>10:30 AM</b> - 11:15 AM Zumba (Julie)
<b>12</b> <b>No Class</b>	<b>13</b> <b>6:15 AM</b> - 7:00 AM Movers/Shakers (Rose M) <b>9:15 AM</b> - 10:00 AM Kettlebells (Carrie) <b>12:15 PM</b> - 12:45 PM Lunch Crunch (Crystal) <b>5:30 PM</b> - 6:15 PM Kettlebells (Brandi) <b>5:30 PM</b> - 6:15 PM Kid Fit. (Allen) <b>6:30 PM</b> - 7:30 PM Zumba (Julie)	<b>14</b> <b>9:45 AM</b> - 10:30 AM SS® Classic (Brandi) <b>10:45 AM</b> - 11:30 AM Cardio Flex (Kristine) <b>6:00PM</b> - 6:45 PM Boot Camp (Linda)	<b>15</b> <b>6:15 AM</b> - 7:00 AM Movers & Shakers (Rose) <b>9:15 AM</b> - 10:00 AM Kickin' Cardio (Genevieve) <b>6:00</b> - 6:45 PM Wild Card Wednesday (Nick)	<b>16</b> <b>9:45 AM</b> - 10:30 AM Silver Circuit (Dina) <b>1:15 PM</b> - 2:05 PM Silver Stretch (Dina) <b>5:30 PM</b> - 6:15 PM Metabolic Effect (Kristine) <b>6:15 PM</b> - 7:00 PM Kid Fitness (Genevieve) <b>6:30 PM</b> - 7:30 PM Zumba (Julie)	<b>17</b> <b>9:15 AM</b> - 10:00 AM Kettlebells (Brandi) <b>10:15 AM</b> - 11:00 AM SS® Classic (Brandi)	<b>18</b> <b>10:30 AM</b> - 11:15 AM Cardio Dance (Genevieve)
<b>19</b> <b>No Class</b>	<b>20</b> <b>6:15 AM</b> - 7:00 AM Movers/Shakers (Rose M) <b>9:15 AM</b> - 10:00 AM Kettlebells (Carrie) <b>12:15 PM</b> - 12:45 PM Lunch Crunch (Crystal) <b>5:30 PM</b> - 6:15 PM Kettlebells (Brandi) <b>5:30 PM</b> - 6:15 PM Kid Fit. (Allen) <b>6:30 PM</b> - 7:30 PM Zumba (Julie)	<b>21</b> <b>9:45 AM</b> - 10:30 AM SS® Classic (Brandi) <b>10:45 AM</b> - 11:30 AM Cardio Flex (Kristine) <b>6:00PM</b> - 6:45 PM Boot Camp (Linda)	<b>22</b> <b>6:15 AM</b> - 7:00 AM Movers & Shakers (Rose) <b>9:15 AM</b> - 10:00 AM Kickin' Cardio (Genevieve) <b>6:00</b> - 6:45 PM Wild Card Wednesday (Nick)	<b>23</b> <b>YMCA IS CLOSED</b> <b>Happy Thanksgiving</b>	<b>24</b> <b>No Group Exercise Classes</b> <b>Y OPEN Regular Hours</b>	<b>25</b> <b>10:30 AM</b> - 11:15 AM Zumba (Julie)
<b>26</b>	<b>27</b> <b>6:15 AM</b> - 7:00 AM Movers/Shakers (Rose M) <b>9:15 AM</b> - 10:00 AM Kettlebells (Carrie) <b>12:15 PM</b> - 12:45 PM Lunch Crunch (Crystal) <b>5:30 PM</b> - 6:15 PM Kettlebells (Brandi) <b>5:30 PM</b> - 6:15 PM Kid Fit. (Allen) <b>6:30 PM</b> - 7:30 PM Zumba (Julie)	<b>28</b> <b>9:45 AM</b> - 10:30 AM SS® Classic (Brandi) <b>10:45 AM</b> - 11:30 AM Cardio Flex (Kristine) <b>6:00PM</b> - 6:45 PM Boot Camp (Linda)	<b>29</b> <b>6:15 AM</b> - 7:00 AM Movers & Shakers (Rose) <b>9:15 AM</b> - 10:00 AM Kickin' Cardio (Genevieve) <b>6:00</b> - 6:45 PM Wild Card Wednesday (Nick)	<b>30</b> <b>9:45 AM</b> - 10:30 AM Silver Circuit (Dina) <b>1:15 PM</b> - 2:05 PM Silver Stretch (Dina) <b>5:30 PM</b> - 6:15 PM Metabolic Effect (Kristine) <b>6:15 PM</b> - 7:00 PM Kid Fitness (Genevieve) <b>6:30 PM</b> - 7:30 PM Zumba (Julie)		