



Group Floor Exercise

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

**January
2018**

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 YMCA CLOSED Happy New Year!	2 9:45 AM - 10:30 AM SS® Classic (Brandi) 10:45 AM - 11:30 AM Cardio Flex (Brandi) 6:00PM - 6:45 PM Boot Camp (Linda)	3 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)	4 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 (Brandi) 6:15 PM - 7:00 PM Kid Fitness (Genevieve) 6:30 PM - 7:30 PM Zumba (Julie)	5 9:15 AM - 10:00 AM Kettlebells (Brandi) 10:15 AM - 11:00 AM SS® Classic (Brandi)	6 10:30 AM - 11:15 AM Cardio Dance (Genevieve)
7 No Class	8 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	9 9:45 AM - 10:30 AM SS® Classic (Brandi) 10:45 AM - 11:30 AM Cardio Flex (Brandi) 6:00PM - 6:45 PM Boot Camp (Linda)	10 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)	11 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 (Brandi) 6:15 PM - 7:00 PM Kid Fitness (Matthew) 6:30 PM - 7:30 PM Cardio Dance (Genevieve)	12 9:15 AM - 10:00 AM Kettlebells (Brandi) 10:15 AM - 11:00 AM SS® Classic (Brandi)	13 10:30 AM - 11:15 AM Zumba (Julie)
14 No Class	15 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)	16 9:45 AM - 10:30 AM SS® Classic (Brandi) 10:45 AM - 11:30 AM Cardio Flex (Brandi) 6:00PM - 6:45 PM Boot Camp (Linda)	17 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)	18 9:45 AM - 10:30 AM Silver Circuit (Genevieve) 1:15 PM - 2:05 PM Silver Stretch (Dina) 5:30 PM - 6:15 PM Metabolic Effect (Brandi) 6:15 PM - 7:00 PM Kid Fitness (Genevieve) 6:30 PM - 7:30 PM Zumba (Julie)	19 9:15 AM - 10:00 AM Kettlebells (Brandi) 10:15 AM - 11:00 AM SS® Classic (Brandi)	20 10:30 AM - 11:15 AM Zumba (Julie)
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