



Group Floor Exercise

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

**October
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 6:15 AM – 7:00 AM Movers/Shakers (Rose) 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)	2 9:45 AM – 10:30 AM SS® Classic (Brandi) 10:45 AM – 11:30 AM Cardio Flex (Cindy) 6:00PM – 6:45 PM Boot Camp (Linda) Cancelled	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 (Genevieve) 1:15 PM – 2:05 PM Silver Stretch (Joy) 5:30 PM – 6:15 PM Boot Camp (Linda) 6:15 PM – 7:00 PM Kid Fitness (Matthew) 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 Zumba (Julie)
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