



Group Floor Exercise

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

**March
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.
	<p>NOTES:</p> <ul style="list-style-type: none"> • Cardio Flex is back on Tuesday mornings (10:45am) with a new instructor, please welcome Missy Blackmon! • We have changed the 5:30pm class on Thursday to a Boot Camp class with Linda 			<p>1</p> <p>9:45 AM - 10:30 AM Silver Circuit (Genevieve)</p> <p>1:15 PM - 2:05 PM Silver Stretch (Joy)</p> <p>5:30 PM - 6:15 PM Boot Camp (Linda)</p> <p>6:15 PM - 7:00 PM Kid Fitness (Genevieve)</p> <p>6:30 PM - 7:30 PM Zumba (Julie)</p>	<p>2</p> <p>9:15 AM - 10:00 AM Kettlebells (Brandi)</p> <p>10:15 AM - 11:00 AM SS® Classic (Brandi)</p>	<p>3</p> <p>SUPER SAMPLER SATURDAY! 8:00am - 1:15pm</p> <p>Come try several classes</p>
4 No Class	<p>5</p> <p>6:15 AM - 7:00 AM Movers/Shakers (Rose M)</p> <p>9:15 AM - 10:00 AM Kettlebells (Carrie)</p> <p>12:15 PM - 12:45 PM Lunch Crunch (Crystal)</p> <p>5:30 PM - 6:15 PM Kettlebells (Brandi)</p> <p>5:30 PM - 6:15 PM Kid Fit. (Allen)</p> <p>6:30 PM - 7:30 PM Zumba (Julie)</p>	<p>6</p> <p>9:45 AM - 10:30 AM SS® Classic (Brandi)</p> <p>10:45 AM - 11:30 AM Cardio Flex (Missy)</p> <p>6:00PM - 6:45 PM Boot Camp (Linda)</p>	<p>7</p> <p>6:15 AM-7:00 AM Movers & Shakers (Rose)</p> <p>9:15 AM - 10:00 AM Kickin' Cardio (Genevieve)</p> <p>6:00 - 6:45 PM Wild Card Wednesday (Nick)</p>	<p>8</p> <p>9:45 AM - 10:30 AM Silver Circuit (Genevieve)</p> <p>1:15 PM - 2:05 PM Silver Stretch (Joy)</p> <p>5:30 PM - 6:15 PM Boot Camp (Linda)</p> <p>6:15 PM - 7:00 PM Kid Fitness (Matthew)</p> <p>6:30 PM - 7:30 PM Zumba (Julie)</p>	<p>9</p> <p>9:15 AM - 10:00 AM Kettlebells (Brandi)</p> <p>10:15 AM - 11:00 AM SS® Classic (Brandi)</p>	<p>10</p> <p>10:30 AM- 11:15 AM Zumba (Julie)</p>
11 No Class	<p>12</p> <p>6:15 AM - 7:00 AM Movers/Shakers (Rose M)</p> <p>9:15 AM - 10:00 AM Kettlebells (Carrie)</p> <p>12:15 PM - 12:45 PM Lunch Crunch (Crystal)</p> <p>5:30 PM - 6:15 PM Kettlebells (Brandi)</p> <p>5:30 PM - 6:15 PM Kid Fit. (Allen)</p> <p>6:30 PM - 7:30 PM Zumba (Julie)</p>	<p>13</p> <p>9:45 AM - 10:30 AM SS® Classic (Brandi)</p> <p>10:45 AM - 11:30 AM Cardio Flex (Missy)</p> <p>6:00PM - 6:45 PM Boot Camp (Linda)</p>	<p>14</p> <p>6:15 AM-7:00 AM Movers & Shakers (Rose)</p> <p>9:15 AM - 10:00 AM Kickin' Cardio (Genevieve)</p> <p>6:00 - 6:45 PM Wild Card Wednesday (Nick)</p>	<p>15</p> <p>9:45 AM - 10:30 AM Silver Circuit (Genevieve)</p> <p>1:15 PM - 2:05 PM Silver Stretch (Joy)</p> <p>5:30 PM - 6:15 PM Boot Camp (Linda)</p> <p>6:15 PM - 7:00 PM Kid Fitness (Genevieve)</p> <p>6:30 PM - 7:30 PM Zumba (Julie)</p>	<p>16</p> <p>9:15 AM - 10:00 AM Kettlebells (Brandi)</p> <p>10:15 AM - 11:00 AM SS® Classic (Brandi)</p>	<p>17</p> <p>10:30 AM- 11:15 AM Zumba (Julie)</p>
18 No Class	<p>19</p> <p>6:15 AM - 7:00 AM Movers/Shakers (Rose M)</p> <p>9:15 AM - 10:00 AM Kettlebells (Carrie)</p> <p>12:15 PM - 12:45 PM Lunch Crunch (Crystal)</p> <p>5:30 PM - 6:15 PM Kettlebells (Brandi)</p> <p>5:30 PM - 6:15 PM Kid Fit. (Allen)</p> <p>6:30 PM - 7:30 PM Zumba (Julie)</p>	<p>20</p> <p>9:45 AM - 10:30 AM SS® Classic (Brandi)</p> <p>10:45 AM - 11:30 AM Cardio Flex (Missy)</p> <p>6:00PM - 6:45 PM Boot Camp (Linda)</p>	<p>21</p> <p>6:15 AM-7:00 AM Movers & Shakers (Rose)</p> <p>9:15 AM - 10:00 AM Kickin' Cardio (Genevieve)</p> <p>6:00 - 6:45 PM Wild Card Wednesday (Nick)</p>	<p>22</p> <p>9:45 AM - 10:30 AM Silver Circuit (Genevieve)</p> <p>1:15 PM - 2:05 PM Silver Stretch (Joy)</p> <p>5:30 PM - 6:15 PM Boot Camp (Linda)</p> <p>6:15 PM - 7:00 PM Kid Fitness (Matthew)</p> <p>6:30 PM - 7:30 PM Zumba (Julie)</p>	<p>23</p> <p>9:15 AM - 10:00 AM Kettlebells (Brandi)</p> <p>10:15 AM - 11:00 AM SS® Classic (Brandi)</p>	<p>24</p> <p>10:30 AM- 11:15 AM Zumba (Julie)</p>
25 No Class	<p>26</p> <p>6:15 AM - 7:00 AM Movers/Shakers (Rose M)</p> <p>9:15 AM - 10:00 AM Kettlebells (Carrie)</p> <p>12:15 PM - 12:45 PM Lunch Crunch (Crystal)</p> <p>5:30 PM - 6:15 PM Kettlebells (Brandi)</p> <p>5:30 PM - 6:15 PM Kid Fit. (Allen)</p> <p>6:30 PM - 7:30 PM Zumba (Julie)</p>	<p>27</p> <p>9:45 AM - 10:30 AM SS® Classic (Kristine)</p> <p>10:45 AM - 11:30 AM Cardio Flex (Missy)</p> <p>6:00PM - 6:45 PM Boot Camp (Linda)</p>	<p>28</p> <p>6:15 AM-7:00 AM Movers & Shakers (Rose)</p> <p>9:15 AM - 10:00 AM Kickin' Cardio (Genevieve)</p> <p>6:00 - 6:45 PM Wild Card Wednesday (Nick)</p>	<p>29</p> <p>9:45 AM - 10:30 AM Silver Circuit (Genevieve)</p> <p>1:15 PM - 2:05 PM Silver Stretch (Joy)</p> <p>5:30 PM - 6:15 PM Boot Camp (Linda)</p> <p>6:15 PM - 7:00 PM Kid Fitness (Genevieve)</p> <p>6:30 PM - 7:30 PM Zumba (Julie)</p>	<p>30</p> <p>9:15 AM - 10:00 AM Kettlebells (Brandi)</p> <p>10:15 AM - 11:00 AM SS® Classic (Brandi)</p>	<p>31</p> <p>10:30 AM- 11:15 AM Zumba (Julie)</p>