



Group Floor Exercise

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

**April
2019**

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) 9:15AM-10:00 AM Stroller Strong (Kelly) (GYM) 12:15 PM - 12:45 PM Lunch Crunch (Crystal) 5:30 PM - 6:15 PM Kettlebells (Misty) 5:30 PM - 6:15 PM Kid Fit. (Allen) 6:30 PM - 7:30 PM Zumba (Julie)	2 10:00 AM - 10:45 AM SS* Classic (Cindy) 10:45 AM - 11:30 AM Cardio Flex (Cindy) 4:30 PM-5:15 PM Pump (Cindy) 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) 12:15 PM-1:00 PM Wacky Wednesday (Crystal) 6:00 - 6:45 PM Cross Train (Nick)	4 9:45 AM - 10:30 AM Silver Circuit (Genevieve) 1:15 PM - 2:05 PM Silver Stretch (Joy) 4:30 PM- 5:15 Pump (Misty) 5:30 PM - 6:15 PM Boot Camp (Linda) 6:15 PM - 7:00 PM Kid Fitness (Payton) 6:30 PM - 7:30 PM Zumba (Julie)	5 9:15 AM - 10:00 AM Kettlebells (Linda) 10:15 AM - 11:00 AM SS* Classic (Cindy) 12:15 PM-1:00 PM Deep Stretch (Payton)	6 9:15 AM-10:00 AM Fit Moms (Misty) 11:00 AM-12:00 PM Zumba (Julie)
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