



Group Water 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.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 AM – 9:45 AM Deep Water Fitness (Dina) 9:45 AM – 10:30 AM Water Fitness for Health (Dina) 10:30 AM – 11:15 AM No Impact (Dina) 11:15 AM – 12:00 PM No Impact (Dina) 12:45 PM – 1:30 PM Splash (Joy) 6:30 PM – 7:30 PM Water Fitness for Health (Dina)	2 No Class	3 9:00 AM – 9:45 AM Deep Water Fitness (Dina) 9:45 AM – 10:30 AM Water Fitness for Health (Dina) 10:30 AM – 11:15 AM No Impact (Dina) 11:15 AM – 12:00 PM No Impact (Dina) 12:45 PM – 1:30 PM Splash (Joy) 6:30 PM – 7:30 PM Water Fitness for Health (Dina)	4 No Class	5 9:00 AM – 9:45 AM Deep Water Fitness (Dina) 9:45 AM – 10:30 AM Water Fitness for Health (Dina) 10:30 AM – 11:15 AM No Impact (Dina) 11:15 AM – 12:00 PM No Impact (Dina) 12:45 PM – 1:30 PM Splash (Dina)	6 No Class
7 No Class	8 9:00 AM – 9:45 AM Deep Water Fitness (Crystal) 9:45 AM – 10:30 AM Water Fitness for Health (Crystal) 10:30 AM – 11:15 AM No Impact (Dina) 11:15 AM – 12:00 PM No Impact (Dina) 12:45 PM – 1:30 PM Splash (Joy) 6:30 PM – 7:30 PM Water Fitness for Health (Dina)	9 No Class	10 9:00 AM – 9:45 AM Deep Water Fitness (Crystal) 9:45 AM – 10:30 AM Water Fitness for Health (Crystal) 10:30 AM – 11:15 AM No Impact (Dina) 11:15 AM – 12:00 PM No Impact (Dina) 12:45 PM – 1:30 PM Splash (Joy) 6:30 PM – 7:30 PM Water Fitness for Health (Dina)	11 No Class	12 9:00 AM – 9:45 AM Deep Water Fitness (Crystal) 9:45 AM – 10:30 AM Water Fitness for Health (Crystal) 10:30 AM – 11:15 AM No Impact (Dina) 11:15 AM – 12:00 PM No Impact (Dina) 12:45 PM – 1:30 PM Splash (Dina)	13 No Class
14 No Class	15 9:00 AM – 9:45 AM Deep Water Fitness (Crystal) 9:45 AM – 10:30 AM Water Fitness for Health (Crystal) 10:30 AM – 11:15 AM No Impact (Dina) 11:15 AM – 12:00 PM No Impact (Dina) 12:45 PM – 1:30 PM Splash (Joy) 6:30 PM – 7:30 PM Water Fitness for Health (Dina)	16 No Class	17 9:00 AM – 9:45 AM Deep Water Fitness (Crystal) 9:45 AM – 10:30 AM Water Fitness for Health (Crystal) 10:30 AM – 11:15 AM No Impact (Dina) 11:15 AM – 12:00 PM No Impact (Dina) 12:45 PM – 1:30 PM Splash (Joy) 6:30 PM – 7:30 PM Water Fitness for Health (Dina)	18 No Class	19 9:00 AM – 9:45 AM Deep Water Fitness (Crystal) 9:45 AM – 10:30 AM Water Fitness for Health (Crystal) 10:30 AM – 11:15 AM No Impact (Dina) 11:15 AM – 12:00 PM No Impact (Dina) 12:45 PM – 1:30 PM Splash (Dina)	20 No Class Finch Fitness Course Challenge
21 No Class	22 9:00 AM – 9:45 AM Deep Water Fitness (Crystal) 9:45 AM – 10:30 AM Water Fitness for Health (Crystal) 10:30 AM – 11:15 AM No Impact (Dina) 11:15 AM – 12:00 PM No Impact (Dina) 12:45 PM – 1:30 PM Splash (Joy) 6:30 PM – 7:30 PM Water Fitness for Health (Dina)	23 No Class	24 9:00 AM – 9:45 AM Deep Water Fitness (Crystal) 9:45 AM – 10:30 AM Water Fitness for Health (Crystal) 10:30 AM – 11:15 AM No Impact (Dina) 11:15 AM – 12:00 PM No Impact (Dina) 12:45 PM – 1:30 PM Splash (Joy) 6:30 PM – 7:30 PM Water Fitness for Health (Dina)	25 No Class	26 9:00 AM – 9:45 AM Deep Water Fitness (Crystal) 9:45 AM – 10:30 AM Water Fitness for Health (Crystal) 10:30 AM – 11:15 AM No Impact (Dina) 11:15 AM – 12:00 PM No Impact (Dina) 12:45 PM – 1:30 PM Splash (Dina)	27 No Class
28 No Class	29 9:00 AM – 9:45 AM Deep Water Fitness (Crystal) 9:45 AM – 10:30 AM Water Fitness for Health (Crystal) 10:30 AM – 11:15 AM No Impact (Dina) 11:15 AM – 12:00 PM No Impact (Dina) 12:45 PM – 1:30 PM Splash (Joy) 6:30 PM – 7:30 PM Water Fitness for Health (Dina)	30 No Class	31 9:00 AM – 9:45 AM Deep Water Fitness (Crystal) 9:45 AM – 10:30 AM Water Fitness for Health (Crystal) 10:30 AM – 11:15 AM No Impact (Dina) 11:15 AM – 12:00 PM No Impact (Dina) 12:45 PM – 1:30 PM Splash (Joy) 6:30 PM – 7:30 PM Water Fitness for Health (Dina)			