



# Group Floor Exercise

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

**October  
2017**

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 No Class	2 <b>6:15 AM</b> - 7:00 AM Movers/Shakers (Rose M) <b>9:15 AM</b> - 10:00 AM Kettlebells (Carrie) <b>12:15 PM</b> - 12:45 PM Lunch Crunch (Crystal) <b>5:30 PM</b> - 6:15 PM Kettlebells (Brandi) <b>5:30 PM</b> - 6:15 PM Kid Fitness (Allen) <b>6:30 PM</b> - 7:30 PM Zumba (Julie)	3 <b>9:45 AM</b> - 10:30 AM SS® Classic (Brandi) <b>10:45 AM</b> - 11:30 AM Cardio Flex (Kristine) <b>6:00PM</b> - 6:45 PM Boot Camp (Linda)	4 <b>6:15 AM</b> -7:00 AM Movers & Shakers (Rose) <b>9:15 AM</b> - 10:00 AM Kickin' Cardio (Stephanie) <b>6:00</b> - 6:45 PM Wild Card Wednesday (Stephanie G)	5 <b>9:45 AM</b> - 10:30 AM Silver Circuit (Stephanie) <b>1:15 PM</b> - 2:05 PM Silver Stretch (Dina) <b>5:30 PM</b> - 6:15 PM Metabolic Effect (Kristine) <b>6:15 PM</b> - 7:00 PM Kid Fitness (Matthew) <b>6:30 PM</b> - 7:30 PM Zumba (Julie)	6 <b>9:15 AM</b> - 10:00 AM Kettlebells (Brandi) <b>10:15 AM</b> - 11:00 AM SS® Classic (Brandi)	7 <b>10:30 AM</b> - <b>11:15 AM</b> Cardio Dance (Genevieve)
8 No Class	9 <b>6:15 AM</b> - 7:00 AM Movers/Shakers (Rose M) <b>9:15 AM</b> - 10:00 AM Kettlebells (Carrie) <b>12:15 PM</b> - 12:45 PM Lunch Crunch (Crystal) <b>5:30 PM</b> - 6:15 PM Kettlebells (Stephanie) <b>5:30 PM</b> - 6:15 PM Kid Fitness (Allen) <b>6:30 PM</b> - 7:30 PM Zumba (Julie)	10 <b>9:45 AM</b> - 10:30 AM SS® Classic (Stephanie) <b>10:45 AM</b> - 11:30 AM Cardio Flex (Kristine) <b>6:00PM</b> - 6:45 PM Boot Camp (Linda)	11 <b>6:15 AM</b> -7:00 AM Movers & Shakers (Rose) <b>9:15 AM</b> - 10:00 AM Kickin' Cardio (Stephanie) <b>6:00</b> - 6:45 PM Wild Card Wednesday (Stephanie )	12 <b>9:45 AM</b> - 10:30 AM Silver Circuit (Dina) <b>1:15 PM</b> - 2:05 PM Silver Stretch (Dina) <b>5:30 PM</b> - 6:15 PM Metabolic Effect (Kristine) <b>6:15 PM</b> - 7:00 PM Kid Fitness (Genevieve) <b>6:30 PM</b> - 7:30 PM Zumba (Julie)	13 <b>9:15 AM</b> - 10:00 AM Kettlebells (Linda) <b>10:15 AM</b> - 11:00 AM SS® Classic (TBA)	14 <b>10:30 AM</b> - <b>11:15 AM</b> Zumba (Julie)
15 No Class	16 <b>6:15 AM</b> - 7:00 AM Movers/Shakers (Rose M) <b>9:15 AM</b> - 10:00 AM Kettlebells (Carrie) <b>12:15 PM</b> - 12:45 PM Lunch Crunch (Crystal) <b>5:30 PM</b> - 6:15 PM Kettlebells (Stephanie) <b>5:30 PM</b> - 6:15 PM Kid Fitness (Allen) <b>6:30 PM</b> - 7:30 PM Zumba (Julie)	17 <b>9:45 AM</b> - 10:30 AM SS® Classic (Kristine) <b>10:45 AM</b> - 11:30 AM Cardio Flex (Kristine) <b>6:00PM</b> - 6:45 PM Boot Camp (Linda)	18 <b>6:15 AM</b> -7:00 AM Movers & Shakers (Rose) <b>9:15 AM</b> - 10:00 AM Kickin' Cardio (Stephanie) <b>6:00</b> - 6:45 PM Wild Card Wednesday (Stephanie )	19 <b>9:45 AM</b> - 10:30 AM Silver Circuit (Stephanie) <b>1:15 PM</b> - 2:05 PM Silver Stretch (Dina) <b>5:30 PM</b> - 6:15 PM Metabolic Effect (Kristine) <b>6:15 PM</b> - 7:00 PM Kid Fitness (Matthew) <b>6:30 PM</b> - 7:30 PM Zumba (Julie)	20 <b>9:15 AM</b> - 10:00 AM Kettlebells (Brandi) <b>10:15 AM</b> - 11:00 AM SS® Classic (Brandi)	21 <b>10:30 AM</b> - <b>11:15 AM</b> Cardio Dance (Genevieve)
22/29 No Class	23/30 <b>6:15 AM</b> - 7:00 AM Movers/Shakers (Rose M) <b>9:15 AM</b> - 10:00 AM Kettlebells (Carrie) <b>12:15 PM</b> - 12:45 PM Lunch Crunch (Crystal) <b>5:30 PM</b> - 6:15 PM Kettlebells (Brandi) <b>5:30 PM</b> - 6:15 PM Kid Fitness (Allen) <b>6:30 PM</b> - 7:30 PM Zumba (Julie)	24/31 <b>9:45 AM</b> - 10:30 AM SS® Classic (Brandi) <b>10:45 AM</b> - 11:30 AM Cardio Flex (Kristine) <b>6:00PM</b> - 6:45 PM Boot Camp (Linda)  <b>NO EVENING CLASSES</b> <b>Happy Halloween</b>	25 <b>6:15 AM</b> -7:00 AM Movers & Shakers (Rose) <b>9:15 AM</b> - 10:00 AM Kickin' Cardio (Stephanie) <b>6:00</b> - 6:45 PM Wild Card Wednesday (Stephanie)	26 <b>9:45 AM</b> - 10:30 AM Silver Circuit (Stephanie) <b>1:15 PM</b> - 2:05 PM Silver Stretch (Dina) <b>5:30 PM</b> - 6:15 PM Metabolic Effect (Kristine) <b>6:15 PM</b> - 7:00 PM Kid Fitness (Genevieve) <b>6:30 PM</b> - 7:30 PM Zumba (Julie)	27 <b>9:15 AM</b> - 10:00 AM Kettlebells (Brandi) <b>10:15 AM</b> - 11:00 AM SS® Classic (Brandi)	28 <b>10:30 AM</b> - <b>11:15 AM</b> Zumba (Julie)