



Group Floor Exercise

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

**July
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 No Class	2 6:15 AM - 7:00 AM Movers/Shakers (Rose M) 9:15 AM - 10:00 AM Kettlebells (Missy) 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 Cardio Dance (GT)	3 9:45 AM - 10:30 AM SS® Classic (Missy) 10:45 AM - 11:30 AM Cardio Flex (Missy) 6:00PM - 6:45 PM Boot Camp (Linda)	4 YMCA CLOSED Happy 4th of July	5 9:45 AM - 10:30 AM Silver Circuit (Joy) 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) Cancelled	6 9:15 AM - 10:00 AM Kettlebells (Brandi) 10:15 AM - 11:00 AM SS® Classic (Brandi)	7 10:30 AM- 11:15 AM Cardio Dance (Genevieve) Cancelled
8 No Class	9 6:15 AM - 7:00 AM Movers/Shakers (Rose M) 9:15 AM - 10:00 AM Kettlebells (Missy) 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 (GT) Cancelled	10 9:45 AM - 10:30 AM SS® Classic (Brandi) 10:45 AM - 11:30 AM Cardio Flex (Missy) 6:00PM - 6:45 PM Boot Camp (Linda)	11 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)	12 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)	13 9:15 AM - 10:00 AM Kettlebells (Brandi) 10:15 AM - 11:00 AM SS® Classic (Brandi)	14 10:30 AM- 11:15 AM Zumba (Julie)
15 No Class	16 6:15 AM - 7:00 AM Movers/Shakers (Brandi) 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)	17 9:45 AM - 10:30 AM SS® Classic (Brandi) 10:45 AM - 11:30 AM Cardio Flex (Missy) 6:00PM - 6:45 PM Boot Camp (Linda)	18 6:15 AM-7:00 AM Movers & Shakers (Brandi) 9:15 AM - 10:00 AM Kickin' Cardio (Genevieve) 6:00 - 6:45 PM Wild Card Wednesday (Nick)	19 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)	20 9:15 AM - 10:00 AM Kettlebells (Brandi) 10:15 AM - 11:00 AM SS® Classic (Brandi)	21 10:30 AM- 11:15 AM Zumba (Julie)
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