



Group Cycling

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.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 No Class	2 5:45 AM – 6:30 AM (Nick) 6:00 PM – 6:45 PM (Cat)	3 9:15 AM – 10:00 AM (Carrie) 12:00 PM –12:45 PM (Brandi) 6:00 PM – 6:45 PM (Cat)	4 5:45 AM – 6:30 AM (Nick)	5 9:15 AM – 10:00 AM (Kelly) 6:15 PM – 7:00 PM (Brandi)	6 5:45 AM – 6:30 AM (Nick)	7 9:15 AM – 10:00 AM (Cat)
8 No Class	9 5:45 AM – 6:30 AM (Nick) 6:00 PM – 6:45 PM (Cat)	10 9:15 AM – 10:00 AM (Carrie) 12:00 PM –12:45 PM (Stephanie) 6:00 PM – 6:45 PM (Cat)	11 5:45 AM – 6:30 AM (Nick)	12 9:15 AM – 10:00 AM (Kelly) 6:15 PM – 7:00 PM (Stephanie)	13 5:45 AM – 6:30 AM (Nick)	14 9:15 AM – 10:00 AM (Anna Gray)
15 No Class	16 5:45 AM – 6:30 AM (Nick) 6:00 PM – 6:45 PM (Cat)	17 9:15 AM – 10:00 AM (Carrie) 12:00 PM –12:45 PM (Kristine) 6:00 PM – 6:45 PM (Cat)	18 5:45 AM – 6:30 AM (Nick)	19 9:15 AM – 10:00 AM (Kelly) 6:15 PM – 7:00 PM (Brandi)	20 5:45 AM – 6:30 AM (Nick)	21 9:15 AM – 10:00 AM (Kelly)
22 No Class	23 5:45 AM – 6:30 AM (Nick) 6:00 PM – 6:45 PM (Cat)	24 9:15 AM – 10:00 AM (Carrie) 12:00 PM –12:45 PM (Brandi) 6:00 PM – 6:45 PM (Cat)	25 5:45 AM – 6:30 AM (Nick)	26 9:15 AM – 10:00 AM (Kelly) 6:15 PM – 7:00 PM (Brandi)	27 5:45 AM – 6:30 AM (Nick)	28 9:15 AM – 10:00 AM (Brandi)
29 No Class	30 5:45 AM – 6:30 AM (Nick) 6:00 PM – 6:45 PM (Cat)	31 9:15 AM – 10:00 AM (Carrie) 12:00 PM –12:45 PM (Stephanie) NO EVENING CLASSES Happy Halloween				



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



October
2017

Group Yoga

provided
by:



VOTED TRIAD'S BEST YOGA STUDIO 2014, 2015 and 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 No Class	2 No Class	3 5:45 AM – 6:45 AM All Levels (Rob) 1:15 PM– 2:15 PM Senior Chair Yoga (Jacqueline) 7:00 PM – 8:00 PM All Levels (Rob)	4 No Class	5 5:45 AM – 6:45 AM All Levels (Rob) 7:15 PM – 8:15 PM All Levels (Jacqueline) - in studio #3 -	6 No Class	7 9:15 AM – 10:15 AM Yoga Foundations (Murielle)
8 No Class	9 No Class	10 5:45 AM – 6:45 AM All Levels (Rob) 1:15 PM– 2:15 PM Senior Chair Yoga (Jacqueline) 7:00 PM – 8:00 PM All Levels (Rob)	11 No Class	12 5:45 AM – 6:45 AM All Levels (Rob) 7:15 PM – 8:15 PM All Levels (Jacqueline) - in studio #3 -	13 No Class	14 9:15 AM – 10:15 AM Yoga Foundations (Rob)
15 No Class	16 No Class	17 5:45 AM – 6:45 AM All Levels (Rob) 1:15 PM– 2:15 PM Senior Chair Yoga (Jacqueline) 7:00 PM – 8:00 PM All Levels (Rob)	18 No Class	19 5:45 AM – 6:45 AM All Levels (Rob) 7:15 PM – 8:15 PM All Levels (Jacqueline) - in studio #3 -	20 No Class	21 9:15 AM – 10:15 AM Yoga Foundations (Rob)
22 No Class	23 No Class	24 5:45 AM – 6:45 AM All Levels (Rob) 1:15 PM– 2:15 PM Senior Chair Yoga (Jacqueline) 7:00 PM – 8:00 PM All Levels (Rob)	25 No Class	26 5:45 AM – 6:45 AM All Levels (Rob) 7:15 PM – 8:15 PM All Levels (Jacqueline) - in studio #3 -	27 No Class	28 9:15 AM – 10:15 AM Yoga Foundations (Rob)
29 No Class	30 No Class	31 5:45 AM – 6:45 AM All Levels (Rob) 1:15 PM– 2:15 PM Senior Chair Yoga (Jacqueline) NO EVENING CLASSES Happy Halloween				

Yoga Foundations on Saturday mornings will cover alignment principles and foundations so the student gets to know their own personal body, and how it moves through the physical yoga postures. Students will be given one on one attention and hands on adjustments to learn proper alignment of the postures. Connection to the breath within each pose will be acknowledged and embraced. No previous experience necessary.



Group Water 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.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1 No Class	2 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)	3 No Class	4 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)	5 No Class	6 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)	7 No Class
8 No Class	9 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)	10 No Class	11 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)	12 No Class	13 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)	14 No Class
15 No Class	16 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)	17 No Class	18 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)	19 No Class	20 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)	21 No Class
22 No Class	23 POOL CLOSED No water aerobics classes.	24 No Class	25 POOL CLOSED No water aerobics classes.	26 No Class	27 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)	28 No Class
29 No Class	30 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)	31 No Class				