



# Group Yoga

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

**October  
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.**

**Sunday    Monday    Tuesday    Wednesday    Thursday    Friday    Saturday**

		<b>1</b> <b>5:45 AM – 6:45 AM</b> All Levels (Bill) <b>1:15 PM– 2:15 PM</b> Senior Chair Yoga (Brenda) <b>7:00 PM – 8:00 PM</b> All Levels (Murielle)	<b>2</b> <b>10:15AM-11:00AM</b> Tai Chi (Susan)	<b>3</b> <b>5:45 AM – 6:45 AM</b> All Levels (Toni)  <b>5:30 PM–</b> <b>6:15 PM</b> Baby Yoga (Murielle)  <b>7:15 PM – 8:15 PM</b> All Levels (Rob) - in studio #3 -	<b>4</b> No Class	<b>5</b> <b>10:05 AM –</b> <b>11:05 AM</b> Yoga Foundations (Murielle)
<b>6</b> No Class	<b>7</b> No Class	<b>8</b> <b>5:45 AM – 6:45 AM</b> All Levels (Bill) <b>1:15 PM– 2:15 PM</b> Senior Chair Yoga (Brenda) <b>7:00 PM – 8:00 PM</b> All Levels (Murielle)	<b>9</b> <b>10:15AM-11:00AM</b> Tai Chi (Susan)	<b>10</b> <b>5:45 AM – 6:45 AM</b> All Levels (Toni)  <b>5:30 PM–</b> <b>6:15 PM</b> Baby Yoga (Murielle)  <b>7:15 PM – 8:15 PM</b> All Levels (Rob) - in studio #3 -	<b>11</b> No Class	<b>12</b> <b>10:05 AM –</b> <b>11:05 AM</b> Yoga Foundations (Rob)
<b>13</b> No Class	<b>14</b> No Class	<b>15</b> <b>5:45 AM – 6:45 AM</b> All Levels (Bill) <b>1:15 PM– 2:15 PM</b> Senior Chair Yoga (Brenda) <b>7:00 PM – 8:00 PM</b> All Levels (Murielle)	<b>16</b> <b>10:15AM-11:00AM</b> Tai Chi (Susan)	<b>17</b> <b>5:45 AM – 6:45 AM</b> All Levels (Toni)  <b>5:30 PM–</b> <b>6:15 PM</b> Baby Yoga (Murielle)  <b>7:15 PM – 8:15 PM</b> All Levels (Rob) - in studio #3 -	<b>18</b> No Class	<b>19</b> <b>10:05 AM –</b> <b>11:05 AM</b> Yoga Foundations (Murielle)
<b>20</b> No Class	<b>21</b> No Class	<b>22</b> <b>5:45 AM – 6:45 AM</b> All Levels (Bill) <b>1:15 PM– 2:15 PM</b> Senior Chair Yoga (Brenda) <b>7:00 PM – 8:00 PM</b> All Levels (Murielle)	<b>23</b> <b>10:15AM-11:00AM</b> Tai Chi (Susan)	<b>24</b> <b>5:45 AM – 6:45 AM</b> All Levels (Toni) <b>5:30 PM–</b> <b>6:15 PM</b> Baby Yoga (Murielle) <b>7:15 PM – 8:15 PM</b> All Levels (Rob) - in studio #3 -	<b>25</b> No Class	<b>26</b> <b>10:05 AM –</b> <b>11:05 AM</b> Yoga Foundations (Rob)
<b>27</b> No Class	<b>28</b> No Class	<b>29</b> <b>5:45 AM – 6:45 AM</b> All Levels (Bill) <b>1:15 PM– 2:15 PM</b> Senior Chair Yoga (Brenda) <b>7:00 PM – 8:00 PM</b> All Levels (Murielle)	<b>30</b> <b>10:15AM-11:00AM</b> Tai Chi (Susan)	<b>31</b> <b>5:45 AM – 6:45 AM</b> All Levels (Toni) <b>5:30 PM–</b> <b>6:15 PM</b> Baby Yoga (Murielle) <b>Happy</b> <b>Halloween</b> <b>No</b> <b>Evening</b> <b>Classes</b>		