



Group Floor Exercise

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

September 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.**

Sun.	Monday	Tuesday	Wed.	Thursday	Friday	Sat.
1 No Class	2 Happy Labor Day YMCA is Closed	3 9:45 AM - 10:30 AM SS® Classic (Brandi) 10:15-10:45 AM Deep Stretch (Payton) 10:45 AM - 11:30 AM Cardio Flex (Cindy) 4:30 PM-5:15 PM Pump (Cindy) 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 (Genevieve) 12:15 PM-1:00 PM Wacky Wednesday (Crystal) 6:00 - 6:45 PM Cross Train (Nick)	5 9:45 AM - 10:30 AM Silver Circuit (Genevieve) 1:15 PM - 2:05 PM Silver Stretch (Joy) 4:30 PM- 5:15 PM Pump (Misty) 5:30 PM - 6:15 PM Boot Camp (Linda) 6:15 PM - 7:00 PM Kid Fitness (Payton) 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 9:15 AM-10:00 AM Fit Moms (Kelly) 11:00 AM-12:00 PM Zumba (Julie)
8 No Class	9 6:15 AM - 7:00 AM Movers/Shakers (Rose) 9:15 AM - 10:00 AM Kettlebells (Carrie) 9:15AM-10:00 AM Stroller Strong (Kelly) (GYM) 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)	10 9:45 AM - 10:30 AM SS® Classic (Genevieve) 10:15-10:45 AM Deep Stretch (Payton) 10:45 AM - 11:30 AM Cardio Flex (Cindy) 4:30 PM-5:15 PM Pump (Cindy) 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) 12:15 PM-1:00 PM Wacky Wednesday (Crystal) 6:00 - 6:45 PM Cross Train (Nick)	12 9:45 AM - 10:30 AM Silver Circuit (Brandi) 1:15 PM - 2:05 PM Silver Stretch (Joy) 4:30 PM- 5:15 PM Pump (Misty) 5:30 PM - 6:15 PM Boot Camp (Linda) 6:15 PM - 7:00 PM Kid Fitness (Payton) 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 9:15 AM-10:00 AM Fit Moms (Misty) 11:00 AM-12:00 PM Zumba (Julie) Cancelled
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