



# Group Water 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.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 No Class	2 Happy Labor Day  YMCA is Closed	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 (Joy)	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 (Dina) 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 (Joy)	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 (Dina) 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 (Joy)	21 No Class
22 No Class	23 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) 6:30 PM – 7:30 PM Water Fitness for Health (Dina)	24 No Class	25 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)	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 (Joy)	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 (Dina) 6:30 PM – 7:30 PM Water Fitness for Health (Dina)					