



Group Yoga

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