



Group Floor Exercises

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

**April
2026**

Tom A. Finch Community YMCA

Sun.	Monday	Tuesday	Wed.	Thursday	Friday	Sat.
			1 6:15 AM-7 AM Movers & Shakers (Rose) 9:30 AM-10:15 AM Silver Line Dance (Lacey) 10:30 AM-11:15 AM Line Dancing (Lacey) 6:30 PM-7:30 PM Zumba (Julie)	2 10:15 AM-11:15 Am Chair Volleyball (Carrie) 6:00 PM-6:45 PM Basic Training (Heather)	3 Good Friday No Classes	4 Easter Weekend No Class
5 Happy Easter YMCA Is Closed	6 6:15 AM - 7 AM Movers & Shakers (Rose) 11:00 AM-11:45 AM Beginners Tai Chi (Kimberly) Canceled 5:30 PM - 6:15 PM Kettlebells (Brandi) 5:30 PM - 6:15 PM Kid's Fit (Allen) 6:30 PM-7:30 PM Zumba (Julie)	7 9:45AM-10:30 AM Classic™ (Kimberly) 6:00 PM-6:45 PM Basic Training (Heather)	8 6:15 AM-7 AM Movers & Shakers (Rose) 9:30 AM-10:15 AM Silver Line Dance (Lacey) 10:30 AM-11:15 AM Line Dancing (Lacey) 6:30 PM-7:30 PM Zumba (Julie)	9 10:15 AM-11:15 Am Chair Volleyball (Carrie) 6:00 PM-6:45 PM Basic Training (Heather)	10 6:15 AM - 7 AM Step/Barbell (Rose) 9:15 AM - 10 AM Kettlebells (Brandi) 10:30 AM- 11:15 AM Classic™ (Kimberly)	11 No Class
12 No Class	13 6:15 AM - 7 AM Movers & Shakers (Rose) 11:00 AM-11:45 AM Beginners Tai Chi (Kimberly) 5:30 PM - 6:15 PM Kettlebells (Brandi) 5:30 PM - 6:15 PM Kid's Fit (Abby) 6:30 PM-7:30 PM Zumba (Julie)	14 9:45AM-10:30 AM Classic™ (Kimberly) 6:00 PM-6:45 PM Basic Training (Nicole)	15 6:15 AM-7 AM Movers & Shakers (Rose) 9:30 AM-10:15 AM Silver Line Dance (Lacey) 10:30 AM-11:15 AM Line Dancing (Lacey) 6:30 PM-7:30 PM Zumba (Julie)	16 10:15 AM-11:15 Am Chair Volleyball (Carrie) 6:00 PM-6:45 PM Basic Training (Heather)	17 6:15 AM - 7 AM Step/Barbell (Nicole) 9:15 AM - 10 AM Kettlebells (Heather) 10:30 AM- 11:15 AM Classic™ (Kimberly)	18 No Class
19 No Class	20 6:15 AM - 7 AM Movers & Shakers (Rose) 11:00 AM-11:45 AM Beginners Tai Chi (Kimberly) 5:30 PM - 6:15 PM Kettlebells (Nicole) 5:30 PM - 6:15 PM Kid's Fit (Allen) 6:30 PM-7:30 PM Zumba (Julie)	21 9:45AM-10:30 AM Classic™ (Kimberly) 6:00 PM-6:45 PM Basic Training (Heather)	22 6:15 AM-7 AM Movers & Shakers (Rose) 9:30 AM-10:15 AM Silver Line Dance (Lacey) 10:30 AM-11:15 AM Line Dancing (Lacey) 6:30 PM-7:30 PM Zumba (Julie)	23 10:15 AM-11:15 Am Chair Volleyball (Carrie) 6:00 PM-6:45 PM Basic Training (Heather)	24 6:15 AM - 7 AM Step/Barbell (Rose) 9:15 AM - 10 AM Kettlebells (Heather) 10:30 AM- 11:15 AM Classic™ (Kimberly)	25 No Class
26 No Class	27 6:15 AM - 7 AM Movers & Shakers (Rose) 11:00 AM-11:45 AM Beginners Tai Chi (Kimberly) 5:30 PM - 6:15 PM Kettlebells (Nicole) 5:30 PM - 6:15 PM Kid's Fit (Allen) 6:30 PM-7:30 PM Zumba (Julie)	28 9:45AM-10:30 AM Classic™ (Kimberly) 6:00 PM-6:45 PM Basic Training (Heather)	29 6:15 AM-7 AM Movers & Shakers (Rose) 9:30 AM-10:15 AM Silver Line Dance (Lacey) 10:30 AM-11:15 AM Line Dancing (Lacey) 6:30 PM-7:30 PM Zumba (Julie)	30 10:15 AM-11:15 Am Chair Volleyball (Carrie) 6:00 PM-6:45 PM Basic Training (Heather)		