



Group Floor Exercises

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

February
2026

Tom A. Finch Community YMCA

Sun.	Monday	Tuesday	Wed.	Thursday	Friday	Sat.
1 No Class	2 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 (Allen) 6:30 PM–7:30 PM Zumba (Julie)	3 9:45AM–10:30 AM Classic™ (Kimberly) 6:00 PM–6:45 PM Basic Training (Heather)	4 6:15 AM–7 AM Movers & Shakers (Rose) 9:30 AM–10:15AM Silver Line Dance (Lacey) 10:30 AM–11:15 AM Line Dancing (Lacey) 6:30 PM–7:30 PM Zumba (Julie)	5 10:15 AM–11:15 Am Chair Volleyball (Carrie) 6:00 PM–6:45 PM Basic Training (Heather)	6 6:15 AM – 7 AM Step/Barbell (Rose) 9:15 AM – 10 AM Kettlebells (Brandi) 10:30 AM–11:15 AM Classic™ (Kimberly) 5:30 PM–6:30 PM Zumba (Abby)	7 No Class
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