



**August
2026**

Group Floor Exercises

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

Tom A. Finch Community YMCA

Sun.	Monday	Tuesday	Wed.	Thursday	Friday	Sat.
						1 No Class
2 No Class	3 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)	4 9:45AM–10:30 AM Classic™ (Kimberly) 6:00 PM–6:45 PM Basic Training (Heather)	5 6:15 AM–7 AM Movers & Shakers (Rose) 9:30 AM–10:15 AM Silver Line Dance (Lacey) 6:30 PM–7:30 PM Zumba (Julie) Cancelled	6 10:15 AM–11:15 Am Chair Volleyball (Carrie) 6:00 PM–6:45 PM Basic Training (Heather)	7 6:15 AM – 7 AM Step/Barbell (Rose) 9:15 AM – 10 AM Kettlebells (Brandi) 10:30 AM–11:15 AM Classic™ (Kimberly)	8 No Class
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