



Group Floor Exercises

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

October
2026

Tom A. Finch Community YMCA

Sun.	Monday	Tuesday	Wed.	Thursday	Friday	Sat.
				1 10:15 AM-11:15 AM Chair Volleyball (Erin) 6:00 PM-6:45 PM Basic Training (Heather) 6:00 PM – 6:45 PM Kid's Fit (Isaiah)	2 6:15 AM – 7 AM Step/Barbell (Rose) 9:15 AM – 10 AM Kettlebells (Brandi) 10:30 AM-11:15 AM Classic™ (Kimberly)	3 No Class
4 No Class	5 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)	6 9:45AM-10:30 AM Classic™ (Kimberly) 6:00 PM-6:45 PM Basic Training (Heather)	7 6:15 AM-7 AM Movers & Shakers (Rose) 9:30 AM-10:15AM Silver Line Dance (Lacey) 6:30 PM-7:30 PM Zumba (Julie)	8 10:15 AM-11:15 AM Chair Volleyball (Erin) 6:00 PM-6:45 PM Basic Training (Heather) 6:00 PM – 6:45 PM Kid's Fit (Isaiah) Cancelled	9 6:15 AM – 7 AM Step/Barbell (Rose) 9:15 AM – 10 AM Kettlebells (Brandi) 10:30 AM-11:15 AM Classic™ (Kimberly)	10 No Class
11 No Class	12 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)	13 9:45AM-10:30 AM Classic™ (Kimberly) 6:00 PM-6:45 PM Basic Training (Nicole)	14 6:15 AM-7 AM Movers & Shakers (Rose) 9:30 AM-10:15AM Silver Line Dance (Lacey) 6:30 PM-7:30 PM Zumba (Julie)	15 10:45 AM-12:00 PM Chair Volleyball (Erin) 6:00 PM-6:45 PM Basic Training (Heather) 6:00 PM – 6:45 PM Kid's Fit (Isaiah)	16 6:15 AM – 7 AM Step/Barbell (Rose) 9:15 AM – 10 AM Kettlebells (Nicole) 10:30 AM-11:15 AM Classic™ (Joy)	17 No Class
18 No Class	19 6:15 AM – 7 AM Movers & Shakers (Rose) 11:00 AM-11:45 AM Beginners Tai Chi (Kimberly) Cancelled 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)	20 9:45AM-10:30 AM Classic™ (Kimberly) 6:00 PM-6:45 PM Basic Training (Heather)	21 6:15 AM-7 AM Movers & Shakers (Rose) 9:30 AM-10:15AM Silver Line Dance (Lacey) 6:30 PM-7:30 PM Zumba (Julie)	22 10:15 AM-11:15 AM Chair Volleyball (Erin) 6:00 PM-6:45 PM Basic Training (Heather) 6:00 PM – 6:45 PM Kid's Fit (Isaiah)	23 6:15 AM – 7 AM Step/Barbell (Rose) 9:15 AM – 10 AM Kettlebells (Brandi) 10:30 AM-11:15 AM Classic™ (Kimberly)	24 No Class
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