



Group Water Exercises

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

**June
2026**

Tom A. Finch Community YMCA

Sun.	Monday	Tue.	Wednesday	Thurs.	Fri.	Sat.
	1 9:00 AM – 9:45 AM Deep Water Fitness (Sarah) 9:45 AM – 10:30 AM Water Fitness for Health (Sarah) 10:30 AM—11:15 Water Fitness for Health (Sarah) 1:00 PM – 1:45 PM Splash (Joy) 6:00pm– 6:45 pm Aqua Fit (Debbie)	2 No Class	3 9:00 AM – 9:45 AM Deep Water Fitness (Crystal) 9:45 AM – 10:30 AM Water Fitness for Health (Crystal) 10:30 AM—11:15 Water Fitness for Health (Crystal) 1:00 PM – 1:45 PM Splash (Joy)	4 No Class	5 No Class	6 No Class
7 No Class	8 9:00 AM – 9:45 AM Deep Water Fitness (Sarah) 9:45 AM – 10:30 AM Water Fitness for Health (Sarah) 10:30 AM—11:15 Water Fitness for Health (Sarah) 1:00 PM – 1:45 PM Splash (Joy) 6:00pm– 6:45 pm Aqua Fit (Debbie)	9 No Class	10 9:00 AM – 9:45 AM Deep Water Fitness (Crystal) 9:45 AM – 10:30 AM Water Fitness for Health (Crystal) 10:30 AM—11:15 Water Fitness for Health (Crystal) 1:00 PM – 1:45 PM Splash (Joy)	11 No Class	12 No Class	13 No Class
14 No Class	15 9:00 AM – 9:45 AM Deep Water Fitness (Sarah) 9:45 AM – 10:30 AM Water Fitness for Health (Sarah) 10:30 AM—11:15 Water Fitness for Health (Sarah) 1:00 PM – 1:45 PM Splash (Joy) 6:00pm– 6:45 pm Aqua Fit (Debbie)	16 No Class	17 9:00 AM – 9:45 AM Deep Water Fitness (Crystal) 9:45 AM – 10:30 AM Water Fitness for Health (Crystal) 10:30 AM—11:15 Water Fitness for Health (Crystal) 1:00 PM – 1:45 PM Splash (Joy)	18 No Class	19 No Class	20 No Class
21 No Class	22 9:00 AM – 9:45 AM Deep Water Fitness (Sarah) 9:45 AM – 10:30 AM Water Fitness for Health (Sarah) 10:30 AM—11:15 Water Fitness for Health (Sarah) 1:00 PM – 1:45 PM Splash (Joy) 6:00pm– 6:45pm Aqua Fit (Debbie)	23 No Class	24 9:00 AM – 9:45 AM Deep Water Fitness (Crystal) 9:45 AM – 10:30 AM Water Fitness for Health (Crystal) 10:30 AM—11:15 Water Fitness for Health (Crystal) 1:00 PM – 1:45 PM Splash (Joy)	25 No Class	26 No Class	27 No Class
28 No Class	29 9:00 AM – 9:45 AM Deep Water Fitness (Sarah) 9:45 AM – 10:30 AM Water Fitness for Health (Sarah) 10:30 AM—11:15 Water Fitness for Health (Sarah) 1:00 PM – 1:45 PM Splash (Joy) 6:00pm– 6:45 pm Aqua Fit (Debbie)	30 No Class				