



**October
2026**

Group Water 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	Tue.	Wednesday	Thurs.	Fri.	Sat.
				1 No Class	2 No Class	3 No Class
4 No Class	5 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)	6 No Class	7 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)	8 No Class	9 No Class	10 No Class
11 No Class	12 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)	13 No Class	14 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)	15 No Class	16 No Class	17 No Class
18 No Class	19 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)	20 No Class	21 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)	22 No Class	23 No Class	24 No Class
25 No Class	26 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)	27 No Class	28 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)	29 No Class	30 No Class	31 No Class