



**August
2026**

Group Yoga

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:05 AM – 11:05 AM Yoga All Levels (Maryann)
2 No Class	3 No Class	4 6:15 AM – 7:00 AM All Levels (Casey) 6 PM– 7:00 PM All Levels (Maryann)	5 No Class	6 6:15 AM – 7:00 AM All Levels (Nancy) 7 PM – 7:45 PM All Levels (Casey)	7 No Class	8 10:05 AM – 11:05 AM Yoga All Levels (Maryann)
9 No Class	10 No Class	11 6:15 AM – 7:00 AM All Levels (Casey) 6 PM– 7:00 PM All Levels (Maryann)	12 No Class	13 7 PM – 7:45 PM All Levels (Casey)	14 No Class	15 10:05 AM – 11:05 AM Yoga All Levels (Maryann)
16 No Class	17 No Class	18 6:15 AM – 7:00 AM All Levels (Casey) 6 PM– 7:00 PM All Levels (Maryann)	19 No Class	20 6:15 AM – 7:00 AM All Levels (Nancy) 7 PM – 7:45 PM All Levels (Casey)	21 No Class	22 10:05 AM – 11:05 AM Yoga All Levels (Maryann)
23/30 No Class	24/31 No Class	25 6:15 AM – 7:00 AM All Levels (Casey) 6 PM– 7:00 PM All Levels (Maryann)	26 No Class	27 7 PM – 7:45 PM All Levels (Casey)	28 No Class	29 10:05 AM – 11:05 AM Yoga All Levels (Maryann)