



**October
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 7 PM – 7:45 PM All Levels (Casey)	2 No Class	3 10:05 AM – 11:05 AM Yoga All Levels (Maryann)
4 No Class	5 No Class	6 6:15 AM – 7:00 AM All Levels (Casey) 6 PM– 7:00 PM All Levels (Maryann)	7 No Class	8 6:15 AM – 7:00 AM All Levels (Nancy) 7 PM – 7:45 PM All Levels (Casey)	9 No Class	10 10:05 AM – 11:05 AM Yoga All Levels (Nancy)
11 No Class	12 No Class	13 6:15 AM – 7:00 AM All Levels (Casey) 6 PM– 7:00 PM All Levels (Maryann)	14 No Class	15 7 PM – 7:45 PM All Levels (Casey)	16 No Class	17 10:05 AM – 11:05 AM Yoga All Levels (Maryann)
18 No Class	19 No Class	20 6:15 AM – 7:00 AM All Levels (Casey) 6 PM– 7:00 PM All Levels (Maryann) Cancelled	21 No Class	22 6:15 AM – 7:00 AM All Levels (Nancy) 7 PM – 7:45 PM All Levels (Casey)	23 No Class	24 10:05 AM – 11:05 AM Yoga All Levels (Casey)
25 No Class	26 No Class	27 6:15 AM – 7:00 AM All Levels (Casey) 6 PM– 7:00 PM All Levels (Maryann)	28 No Class	29 7 PM – 7:45 PM All Levels (Casey)	30 No Class	31 10:05 AM – 11:05 AM Yoga All Levels (Maryann)