



# Group Floor Exercises

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

July  
2026

Tom A. Finch Community YMCA

Sun.	Monday	Tuesday	Wed.	Thursday	Friday	Sat.
			1 6:15 AM-7 AM Movers & Shakers (Rose) 9:30 AM-10:15 AM Silver Line Dance (Lacey) Cancelled 6:30 PM-7:30 PM Zumba (Julie)	2 10:15 AM-11:15 Am Chair Volleyball (Carrie) 6:00 PM-6:45 PM Basic Training (Heather) Cancelled	3 <b>YMCA Is Open NO Classes</b>	4 <b>Happy 4th Of July YMCA IS Closed</b>
5 No Class	6 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)	7 9:45AM-10:30 AM Classic™ (Kimberly) 6:00 PM-6:45 PM Basic Training (Heather)	8 6:15 AM-7 AM Movers & Shakers (Rose) 9:30 AM-10:15 AM Silver Line Dance (Lacey) Cancelled 6:30 PM-7:30 PM Zumba (Julie)	9 10:15 AM-11:15 Am Chair Volleyball (Carrie) 6:00 PM-6:45 PM Basic Training (Heather)	10 6:15 AM - 7 AM Step/Barbell (Rose) 9:15 AM - 10 AM Kettlebells (Heather) 10:30 AM-11:15 AM Classic™ (Kimberly)	11 No Class
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26 No Class	27 6:15 AM - 7 AM Movers & Shakers (Nicole) 11:00 AM-11:45 AM Beginners Tai Chi (Kimberly) 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)	28 9:45AM-10:30 AM Classic™ (Kimberly) 6:00 PM-6:45 PM Basic Training (Heather)	29 6:15 AM-7 AM Movers & Shakers (Nicole) 9:30 AM-10:15 AM Silver Line Dance (Lacey) 6:30 PM-7:30 PM Zumba (Julie)	30 10:15 AM-11:15 Am Chair Volleyball (Carrie) 6:00 PM-6:45 PM Basic Training (Nicole)	31 6:15 AM - 7 AM Step/Barbell (Nicole) 9:15 AM - 10 AM Kettlebells (Brandi) 10:30 AM-11:15 AM Classic™ (Kimberly)	