



Group Water 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	Tue.	Wednesday	Thurs.	Fri.	Sat.
			1 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)	2 No Class	3 No Class	4 Happy 4th Of July YMCA IS Closed
5 No Class	6 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 (Kathy) 6:00pm– 6:45 pm Aqua Fit (Debbie)	7 No Class	8 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 (Kathy)	9 No Class	10 No Class	11 No Class
12 No Class	13 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)	14 No Class	15 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)	16 No Class	17 No Class	18 No Class
19 No Class	20 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)	21 No Class	22 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)	23 No Class	24 No Class	25 No Class
26 No Class	27 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)	28 No Class	29 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)	30 No Class	31 No Class	