



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