



Group Water Exercises

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

**March
2026**

Tom A. Finch Community YMCA

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