



# Group Yoga

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

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