



Group Floor Exercises

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

May
2026

Tom A. Finch Community YMCA

Sun.	Monday	Tuesday	Wed.	Thursday	Friday	Sat.
					1 6:15 AM – 7 AM Step/Barbell (Rose) 9:15 AM – 10 AM Kettlebells (Brandi) 10:30 AM-11:15 AM Classic™ (Kimberly)	2 No Class
3 No Class	4 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)	5 9:45AM-10:30 AM Classic™ (Kimberly) 6:00 PM-6:45 PM Basic Training (Heather)	6 6:15 AM-7 AM Movers & Shakers (Rose) 9:30 AM-10:15AM Silver Line Dance (Lacey) 10:30 AM-11:15 AM Line Dancing (Lacey) 6:30 PM-7:30 PM Zumba (Julie)	7 10:15 AM-11:15 Am Chair Volleyball (Carrie) 6:00 PM-6:45 PM Basic Training (Heather) Cancelled	8 6:15 AM – 7 AM Step/Barbell (Rose) 9:15 AM – 10 AM Kettlebells (Brandi) 10:30 AM-11:15 AM Classic™ (Kimberly)	9 No Class
10 No Class	11 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)	12 9:45AM-10:30 AM Classic™ (Kimberly) 6:00 PM-6:45 PM Basic Training (Heather)	13 6:15 AM-7 AM Movers & Shakers (Rose) 9:30 AM-10:15AM Silver Line Dance (Lacey) 10:30 AM-11:15 AM Line Dancing (Lacey) 6:30 PM-7:30 PM Zumba (Julie) Cancelled	14 10:15 AM-11:15 Am Chair Volleyball (Carrie) 6:00 PM-6:45 PM Basic Training (Heather)	15 6:15 AM – 7 AM Step/Barbell (Brandi) 9:15 AM – 10 AM Kettlebells (Heather) 10:30 AM-11:15 AM Classic™ (Kimberly)	16 No Class
17 No Class	18 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 Line Dancing (Carrie/Lacey)	19 9:45AM-10:30 AM Classic™ (Kimberly) 6:00 PM-6:45 PM Basic Training (Heather)	20 6:15 AM-7 AM Movers & Shakers (Rose) 9:30 AM-10:15AM Silver Line Dance (Lacey) 10:30 AM-11:15 AM Line Dancing (Lacey) 6:30 PM-7:30 PM Zumba (Julie) Cancelled	21 10:15 AM-11:15 Am Chair Volleyball (Carrie) 6:00 PM-6:45 PM Basic Training (Heather)	22 6:15 AM – 7 AM Step/Barbell (Rose) 9:15 AM – 10 AM Kettlebells (Brandi) 10:30 AM-11:15 AM Classic™ (Kimberly)	23 No Class
24/31 No Class	25 Happy Memorial Day YMCA IS Closed	26 9:45AM-10:30 AM Classic™ (Kimberly) 6:00 PM-6:45 PM Basic Training (Heather)	27 6:15 AM-7 AM Movers & Shakers (Rose) 9:30 AM-10:15AM Silver Line Dance (Lacey) 10:30 AM-11:15 AM Line Dancing (Lacey) 6:30 PM-7:30 PM Zumba (Julie) Cancelled	28 10:15 AM-11:15 Am Chair Volleyball (Carrie) 6:00 PM-6:45 PM Basic Training (Heather)	29 6:15 AM – 7 AM Step/Barbell (Rose) 9:15 AM – 10 AM Kettlebells (Heather) 10:30 AM-11:15 AM Classic™ (Joy)	30 No Class