



Group Water Exercises

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

May
2026

Sun.	Monday	Tue.	Wednesday	Thurs.	Fri.	Sat.
					1 No Class	2 No Class
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) 6:00pm– 6:45 pm Aqua Fit (Debbie)	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 (Joy)	7 No Class	8 No Class	9 No Class
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) 6:00pm– 6:45 pm Aqua Fit (Kathy)	12 No Class	13 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)	14 No Class	15 No Class	16 No Class
17 No Class	18 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– 6:45pm Aqua Fit (Debbie)	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)	21 No Class	22 No Class	23 No Class
24/31 No Class	25 Happy Memorial Day YMCA IS Closed	26 No Class	27 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)	28 No Class	29 No Class	30 No Class