



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