



Group Floor 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

**November
2026**

Sun.	Monday	Tuesday	Wed.	Thursday	Friday	Sat.
1 No Class	2 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)	3 9:45AM-10:30 AM Classic™ (Brandi) 6:00 PM-6:45 PM Basic Training (Heather)	4 6:15 AM-7 AM Movers & Shakers (Rose) 9:30 AM-10:15AM Silver Line Dance (Lacey) 6:30 PM-7:30 PM Zumba (Julie)	5 10:15 AM-11:15 Am Chair Volleyball (Erin) 6:00 PM-6:45 PM Basic Training (Heather) 6:00 PM - 6:45 PM Kid's Fit (Isaiah)	6 6:15 AM - 7 AM Step/Barbell (Rose) 9:15 AM - 10 AM Kettlebells (Brandi) 10:30 AM-11:15 AM Classic™ (Kimberly)	7 No Class
8 No Class	9 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)	10 9:45AM-10:30 AM Classic™ (Brandi) 6:00 PM-6:45 PM Basic Training (Heather)	11 6:15 AM-7 AM Movers & Shakers (Rose) 9:30 AM-10:15AM Silver Line Dance (Lacey) 6:30 PM-7:30 PM Zumba (Julie)	12 10:15 AM-11:15 Am Chair Volleyball (Erin) 6:00 PM-6:45 PM Basic Training (Heather) 6:00 PM - 6:45 PM Kid's Fit (Isaiah)	13 6:15 AM - 7 AM Step/Barbell (Rose) 9:15 AM - 10 AM Kettlebells (Nicole) 10:30 AM-11:15 AM Classic™ (Kimberly)	14 No Class
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22 No Class	23 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)	24 9:45AM-10:30 AM Classic™ (Brandi) 6:00 PM-6:45 PM Basic Training (Heather)	25 6:15 AM-7 AM Movers & Shakers (Rose) 9:30 AM-10:15AM Silver Line Dance (Lacey) 6:30 PM-7:30 PM Zumba (Julie)	26 Happy Thanksgiving The YMCA Is Closed	27 NO Classes YMCA Is Open	28 No Class
29 No Class	30 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)					