Group Water Exercises

November 2026

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

Sun.	Monday	Tue.	Wednesday	Thurs.	Fri.	Sat.
1 No Class	2 **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) **6:00pm–** 6:45 pm Aqua Fit (Debbie)	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)	5 No Class	6 No Class	7 No Class
8 No Class	9 **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 () **6:00pm–** 6:45 pm Aqua Fit (Debbie)	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 (Kathy)	12 No Class	13 No Class	14 No Class
15 No Class	16 **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) **6:00pm–** 6:45 pm Aqua Fit (Debbie)	17 No Class	18 **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)	19 No Class	20 No Class	21 No Class
22 No Class	23 **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) **6:00pm–** 6:45pm Aqua Fit (Debbie)	24 No Class	25 **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)	26 Happy Thanksgiving The YMCA Is Closed	27 No Class	28 No Class
29 No Class	30 **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) **6:00pm–** 6:45 pm Aqua Fit (Debbie)					