



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