



Group Floor Exercises

Our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

September
2026

Tom A. Finch Community YMCA

Sun.	Monday	Tuesday	Wed.	Thursday	Friday	Sat.
		1 9:45AM-10:30 AM Classic™ (Kimberly) 6:00 PM-6:45 PM Basic Training (Heather)	2 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)	3 10:15 AM-11:15 Am Chair Volleyball (Erin) 6:00 PM-6:45 PM Basic Training (Nicole)	4 6:15 AM – 7 AM Step/Barbell (Rose) 9:15 AM – 10 AM Kettlebells (Brandi) 10:30 AM-11:15 AM Classic™ (Kimberly)	5 No Class
6 No Class	7 Happy Labor Day YMCA Is Closed	8 9:45AM-10:30 AM Classic™ (Kimberly) 6:00 PM-6:45 PM Basic Training (Heather)	9 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)	10 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)	11 6:15 AM – 7 AM Step/Barbell (Rose) 9:15 AM – 10 AM Kettlebells (Heather) 10:30 AM-11:15 AM Classic™ (Kimberly)	12 No Class
13 No Class	14 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)	15 9:45AM-10:30 AM Classic™ (Kimberly) 6:00 PM-6:45 PM Basic Training (Heather)	16 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)	17 10:45 AM-12:00 PM Chair Volleyball (Erin) 6:00 PM-6:45 PM Basic Training (Heather) 6:00 PM – 6:45 PM Kid's Fit (Isaiah)	18 6:15 AM – 7 AM Step/Barbell (Rose) 9:15 AM – 10 AM Kettlebells (Brandi) 10:30 AM-11:15 AM Classic™ (Kimberly)	19 No Class
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