



**September
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 6:15 AM – 7:00 AM All Levels (Casey) 6 PM – 7:00 PM All Levels (Maryann)	2 No Class	3 6:15 AM – 7:00 AM All Levels (Nancy) 7 PM – 7:45 PM All Levels (Casey)	4 No Class	5 No Class Happy Labor Day Weekend
6 No Class	7 Happy Labor Day YMCA Is Closed	8 6:15 AM – 7:00 AM All Levels (Casey) 6 PM – 7:00 PM All Levels (Maryann)	9 No Class	10 7 PM – 7:45 PM All Levels (Casey) Cancelled	11 No Class	12 10:05 AM – 11:05 AM Yoga All Levels (Maryann)
13 No Class	14 No Class	15 6:15 AM – 7:00 AM All Levels (Casey) 6 PM – 7:00 PM All Levels (Maryann)	16 No Class	17 6:15 AM – 7:00 AM All Levels (Nancy) 7 PM – 7:45 PM All Levels (Casey)	18 No Class	19 10:05 AM – 11:05 AM Yoga All Levels (Maryann)
20 No Class	21 No Class	22 6:15 AM – 7:00 AM All Levels (Casey) 6 PM – 7:00 PM All Levels (Maryann)	23 No Class	24 7 PM – 7:45 PM All Levels (Casey)	25 No Class	26 10:05 AM – 11:05 AM Yoga All Levels (Maryann)
27 No Class	28 No Class	29 6:15 AM – 7:00 AM All Levels (Casey) 6 PM – 7:00 PM All Levels (Maryann)	30 No Class			