



Group Floor Exercise

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

July
2010

Tom A. Finch Community YMCA group exercise classes are FREE to YMCA Members. \$50 per month for Program Participants and \$44 per month for Senior Adult (age 65 and over) Program Participants. **Class start times are in bold.**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9:45 AM – 10:30 AM SilverSneakers® Muscular Strength (Dina) 10:45 AM – 11:45 AM Sculpt & Stretch (Dina) 2:15 PM – 3:00 PM SilverSneakers® Muscular Strength (Dina) 4:00 PM – 4:45 PM Boot Camp (Jamie) 5:45 PM – 6:45 PM HABIT (Michelle) 7:00 PM – 8:00 PM Zumba (Courtney)	2 6:15 AM – 7:00 AM Movers & Shakers – Old Favorites (Nancy) 9:10 AM – 9:50 AM Kettlebells (Creslyn) 9:55 AM – 10:40 AM Body Blast (Creslyn)	3 10:20 AM – 11:20 AM Zumba (Olivia)
4 No Class YMCA Closed	5 6:15 AM – 7:00 AM Movers & Shakers – Bands/Chairs (Nancy) 9:10 AM – 9:50 AM Kettlebells (Carrie) 9:55 AM – 10:40 AM Body Blast (Jessica) 5:30 PM – 6:00 PM Kettlebells (Jessica) 6:05 PM – 6:55 PM Body Blast (Jessica) 7:00 PM – 7:55 PM PM Zumba (Holly)	6 9:45 AM - 10:30 AM SilverSneakers® Muscular Strength (Dina) 10:45 AM – 11:45 AM Sculpt & Stretch (Dina) 2:15 PM – 3:00 PM SilverSneakers® Muscular Strength (Dina) 4:00 PM – 4:45 PM Boot Camp (Jamie) 5:45 PM – 6:45 PM Cardio Kickbox (Michelle) 7:00 PM – 8:00 PM Zumba (Holly)	7 6:15 AM – 7:00 AM Zumba (Olivia) 10:35 AM – 11:35 AM Zumba (Holly) 7:00 PM – 7:40 PM Kettlebells (Jessica)	8 9:45 AM – 10:30 AM SilverSneakers® Muscular Strength (Dina) 10:45 AM – 11:45 AM Sculpt & Stretch (Dina) 2:15 PM – 3:00 PM SilverSneakers® Muscular Strength (Dina) 4:00 PM – 4:45 PM Boot Camp (Jamie) 5:45 PM – 6:45 PM Body Blast (Rose) 7:00 PM – 8:00 PM Zumba (Courtney)	9 6:15 AM – 7:00 AM Movers & Shakers – Stability Balls (Nancy) 9:10 AM – 9:50 AM Kettlebells (Creslyn) 9:55 AM – 10:40 AM Body Blast (Creslyn)	10 10:20 AM – 11:20 AM Zumba (Courtney)
11 No Class	12 6:15 AM – 7:00 AM Movers & Shakers – Core & Floor (Nancy) 9:10 AM – 9:50 AM Kettlebells (Creslyn) 9:55 AM – 10:40 AM Body Blast (Creslyn) 5:30 PM – 6:00 PM Kettlebells (Creslyn) 6:05 PM – 6:55 PM Body Blast (Rose) 7:00 PM – 7:55 PM Zumba (Olivia)	13 9:45 AM - 10:30 AM SilverSneakers® Muscular Strength (Dina) 10:45 AM – 11:45 AM Sculpt & Stretch (Dina) 2:15 PM – 3:00 PM SilverSneakers® Muscular Strength (Dina) 4:00 PM – 4:45 PM Boot Camp (Fred) 5:45 PM – 6:45 PM Cardio Kickbox (Rose) 7:00 PM – 8:00 PM Zumba (Holly)	14 6:15 AM – 7:00 AM Zumba (Olivia) 10:35 AM – 11:35 AM Zumba (Holly) 7:00 PM – 7:40 PM Kettlebells (Jessica)	15 9:45 AM – 10:30 AM SilverSneakers® Muscular Strength (Dina) 10:45 AM – 11:45 AM Sculpt & Stretch (Dina) 2:15 PM – 3:00 PM SilverSneakers® Muscular Strength (Dina) 4:00 PM – 4:45 PM Boot Camp (Fred) 5:45 PM – 6:45 PM HABIT (Michelle) 7:00 PM – 8:00 PM Zumba (Courtney)	16 6:15 AM – 7:00 AM Movers & Shakers – Kettlebells (Nancy) 9:10 AM – 9:50 AM Kettlebells (Creslyn) 9:55 AM – 10:40 AM Body Blast (Creslyn)	17 10:20 AM – 11:20 AM Zumba (Olivia)
18 No Class	19 6:15 AM – 7:00 AM Movers & Shakers – Stability Balls (Nancy) 9:10 AM – 9:50 AM Kettlebells (Creslyn) 9:55 AM – 10:40 AM Body Blast (Creslyn) 5:30 PM – 6:00 PM Kettlebells (Creslyn) 6:05 PM – 6:55 PM Body Blast (Jessica) 7:00 PM – 7:55 PM Zumba (Holly)	20 9:45 AM - 10:30 AM SilverSneakers® Muscular Strength (Dina) 10:45 AM – 11:45 AM Sculpt & Stretch (Dina) 2:15 PM – 3:00 PM SilverSneakers® Muscular Strength (Dina) 4:00 PM – 4:45 PM Boot Camp (Jamie) 5:45 PM – 6:45 PM Cardio Kickbox (Michelle) 7:00 PM – 8:00 PM Zumba (Holly)	21 6:15 AM – 7:00 AM Zumba – (Olivia) 10:35 AM – 11:35 AM Zumba (Holly) 7:00 PM – 7:40 PM Kettlebells (Jessica)	22 9:45 AM – 10:30 AM SilverSneakers® Muscular Strength (Dina) 10:45 AM – 11:45 AM Sculpt & Stretch (Dina) 2:15 PM – 3:00 PM SilverSneakers® Muscular Strength (Dina) 4:00 PM – 4:45 PM Boot Camp (Jamie) 5:45 PM – 6:45 PM Body Blast (Jessica) 7:00 PM – 8:00 PM Zumba (Courtney)	23 6:15 AM – 7:00 AM Movers & Shakers – Stability Ball (Nancy) 9:10 AM – 9:50 AM Kettlebells (Creslyn) 9:55 AM – 10:40 AM Body Blast (Creslyn)	24 10:20 AM – 11:20 AM Zumba (Courtney)
25 No Class	26 6:15 AM – 7:00 AM Movers & Shakers – Medicine Balls (Nancy) 9:10 AM – 9:50 AM Kettlebells (Creslyn) 9:55 AM – 10:40 AM Body Blast (Creslyn) 5:30 PM – 6:00 PM Kettlebells (Creslyn) 6:05 PM – 6:55 PM Body Blast (Rose) 7:00 PM – 7:55 PM Zumba (Olivia)	27 9:45 AM - 10:30 AM SilverSneakers® Muscular Strength (Dina) 10:45 AM – 11:45 AM Sculpt & Stretch (Dina) 2:15 PM – 3:00 PM SilverSneakers® Muscular Strength (Dina) 4:00 PM – 4:45 PM Boot Camp (Jamie) 5:45 PM – 6:45 PM Cardio Kickbox (Michelle) 7:00 PM – 8:00 PM Zumba (Holly)	28 6:15 AM – 7:00 AM Zumba (Olivia) 10:35 AM – 11:35 AM Zumba (Holly) 7:00 PM – 7:40 PM Kettlebells (Jessica)	29 9:45 AM – 10:30 AM SilverSneakers® Muscular Strength (Dina) 10:45 AM – 11:45 AM Sculpt & Stretch (Dina) 2:15 PM – 3:00 PM SilverSneakers® Muscular Strength (Dina) 4:00 PM – 4:45 PM Boot Camp (Jamie) 5:45 PM – 6:45 PM HABIT (Michelle) 7:00 PM – 8:00 PM Zumba (Courtney)	30 6:15 AM – 7:00 AM Movers & Shakers – Kettlebells (Nancy) 9:10 AM – 9:50 AM Kettlebells (Creslyn) 9:55 AM – 10:40 AM Body Blast (Creslyn)	31 10:20 AM – 11:20 AM Zumba (Olivia)

