



Group Water 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 7:00 PM – 8:00 PM Water Fitness for Health (Debbie)	2 9:00 AM – 9:45 AM Deep Water Fitness (Carrie) 9:45 AM – 10:30 AM Y's Way to Water Exercise (Carrie) 10:30 AM – 11:15 AM No Impact (Dina) 11:15 AM – 12:00 PM No Impact (Dina) 12:45 PM – 1:30 PM SilverSplash (Dina)	3 10:00 AM – 11:00 AM Water Fitness for Health (Debbie)
4 No Class YMCA Closed	5 9:00 AM – 9:45 AM Deep Water Fitness (Crystal) 9:45 AM – 10:30 AM Y's Way to Water Exercise (Crystal) 10:30 AM – 11:15 AM No Impact (Dina) 11:15 AM – 12:00 PM No Impact (Dina) 12:45 PM – 1:30 PM SilverSplash (Dina) 6:30 PM – 7:30 PM Water Fitness for Health (Dina)	6 7:00 PM – 8:00 PM Water Fitness for Health (Vicki)	7 9:00 AM – 9:45 AM Deep Water Fitness (Crystal) 9:45 AM – 10:30 AM Y's Way to Water Exercise (Crystal) 10:30 AM – 11:15 AM No Impact (Dina) 11:15 AM – 12:00 PM No Impact (Dina) 12:45 PM – 1:30 PM SilverSplash (Dina)	8 7:00 PM – 8:00 PM Water Fitness for Health (Debbie)	9 9:00 AM – 9:45 AM Deep Water Fitness (Crystal) 9:45 AM – 10:30 AM Y's Way to Water Exercise (Crystal) 10:30 AM – 11:15 AM No Impact (Dina) 11:15 AM – 12:00 PM No Impact (Dina) 12:45 PM – 1:30 PM SilverSplash (Dina)	10 10:00 AM – 11:00 AM Water Fitness for Health (Debbie)
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