



Group Yoga

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 5:45 AM – 6:45 AM YogaFit (Fred) 12:15 PM – 1:00 PM YogaFit (Creslyn) 1:10 PM – 2:10 PM SilverStretch® (Creslyn)	2 No Class	3 11:30 AM – 12:15 PM SilverStretch® (Debbie)
4 No Class YMCA Closed	5 10:45 AM – 11:30 AM YogaFit Silver (Carrie) 8:00 PM – 9:00 PM YogaFit (Fred)	6 5:45 AM – 6:45 AM YogaFit (Fred) 1:10 PM - 2:10 PM SilverStretch® (Fred)	7 9:30 AM – 10:30 AM SilverStretch® (Creslyn) 5:45 PM - 6:45 PM YogaFit (Fred)	8 5:45 AM – 6:45 AM YogaFit (Fred) 12:15 PM – 1:00 PM YogaFit (Creslyn) 1:10 PM – 2:10 PM SilverStretch® (Creslyn)	9 No Class	10 11:30 AM – 12:15 PM SilverStretch® (Debbie)
11 No Class	12 10:45 AM – 11:30 AM SilverStretch® (Creslyn) 8:00 PM – 9:00 PM YogaFit (Fred)	13 5:45 AM – 6:45 AM YogaFit (Fred) 1:10 PM - 2:10 PM SilverStretch® (Creslyn)	14 9:30 AM – 10:30 AM SilverStretch® (Creslyn) 5:45 PM - 6:45 PM YogaFit (Fred)	15 5:45 AM – 6:45 AM YogaFit (Fred) 12:15 PM – 1:00 PM YogaFit (Jessica) 1:10 PM – 2:10 PM SilverStretch® (Fred)	16 No Class	17 11:30 AM – 12:15 PM SilverStretch® (Debbie)
18 No Class	19 10:45 AM – 11:30 AM YogaFit Silver (Creslyn) 8:00 PM – 9:00 PM YogaFit (Lisa)	20 5:45 AM – 6:45 AM YogaFit (Lisa) 1:10 PM - 2:10 PM SilverStretch® (Creslyn)	21 9:30 AM – 10:30 AM SilverStretch® (Creslyn) 5:45 PM - 6:45 PM YogaFit (Fred)	22 5:45 AM – 6:45 AM YogaFit (Fred) 12:15 PM – 1:00 PM YogaFit (Creslyn) 1:10 PM – 2:10 PM SilverStretch® (Creslyn)	23 No Class	24 11:30 AM – 12:15 PM SilverStretch® (Lisa)
25 No Class	26 10:45 AM – 11:30 AM SilverStretch® (Creslyn) 8:00 PM – 9:00 PM YogaFit (Lisa)	27 5:45 AM – 6:45 AM YogaFit (Lisa) 1:10 PM - 2:10 PM SilverStretch® (Creslyn)	28 9:30 AM – 10:30 AM SilverStretch® (Creslyn) 5:45 PM - 6:45 PM YogaFit (Lisa)	29 5:45 AM – 6:45 AM YogaFit (Lisa) 12:15 PM – 1:00 PM YogaFit (Creslyn) 1:10 PM – 2:10 PM SilverStretch® (Creslyn)	30 No Class	31 11:30 AM – 12:15 PM SilverStretch® (Lisa)