



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

WILSON FAMILY YMCA 3436 Airport Blvd, Wilson, NC 27896 • 252.291.9622 • wilsonymca.org

| Hours of Operation | | Child Watch Hours | | FITNESS CLASS ANNOUNCEMENTS |
|--------------------|----------|-------------------|---------------------|--|
| Monday-Thursday | 5am-10pm | Monday | 8am-2:00pm 4-7:30pm | Monday and Tuesday night spin will start at 6:30 instead of 6:15. Sunday spin starts back September 10 th . Tai Chi has been moved to 2:00 p.m. on Tuesdays Kettlebell will move back to 3:30 p.m. on Sundays starting September 10 th . |
| Friday | 5am-9pm | Tuesday | 8am-1pm 4-7:30pm | |
| Saturday | 7am-6pm | Wednesday | 8am-2:00pm 4-7:30pm | |
| Sunday | 1-6pm | Thursday | 8am-1pm 4-7:30pm | |
| | | Friday | 8-11:30am 4-7:30pm | |
| | | Saturday | 8-11:30am | |
| | | Sunday | | |

| SEPTEMBER 2017 CYCLING | | | | | | |
|------------------------|----------------------------------|--|------------------|---|--------------------|---------------------|
| SUN | MON | TUE | WED | THU | FRI | SAT |
| | | | | | 1 NO 9:30 Class | 2 8:30 am Nancy |
| 3 | 4 CLOSED | 5 5:45am Larry 12:10-1:00 pm Tracy 5:15 Cycle Lite Patch 6:30 Lauren | 6 9:30 Patch | 7 5:45am Larry 12:10-1:00 pm Nancy 5:30 Patch | 8 9:30 Tracy | 9 8:30 am Lauren |
| 10 4:30 Lauren | 11 9:30 Patch 6:30pm Nancy | 12 5:45am Larry 12:10-1:00 pm Tracy 5:15 Cycle Lite Patch 6:30 Lauren | 13 9:30 Patch | 14 5:45am Larry 12:10-1:00 pm Nancy 5:30 Patch | 15 9:30 Tracy | 16 8:30 Nancy |
| 17 4:30 Nancy | 18 9:30 Patch 6:30pm Nancy | 19 5:45am Larry 12:10-1:00 pm Tracy 5:15 Cycle Lite Patch 6:30 Lauren | 20 9:30 Patch | 21 5:45am Larry 12:10-1:00 pm Nancy 5:30 Patch | 22 9:30 Tracy | 23 8:30 am Tracy |
| 24 4:30 Tracy | 25 9:30 Patch 6:30pm Nancy | 26 5:45am Larry 12:10-1:00 pm Tracy 5:15 Cycle Lite Patch 6:30 Lauren | 27 9:30 Patch | 28 5:45am Larry 12:10-1:00 pm Nancy 5:30 Patch | 29 9:30 Tracy | 30 8:30 Patch |

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|-----|-----|-----|-----|---|--|
| ▲-Gymnastics Room +-Multi-Purpose Room *-Robin Givens Youth Room Please note that class times are 55 minutes unless otherwise noted. | | | | | 1 5:30am SynrgyTRX LeeAnn 8:30 Yoga Stacy▲ 8:30 Powercut Johnna D+ 9:30 NO Line Dancing 10:30 NO RX Fitness 11:30 NO Gentle Stretch 5:30-6:45 Yoga Jane▲ 6:30 House Party Fitness Samantha+ | 2 9:30 Total Body Conditioning Nancy+ 9:35-10:50 Yoga Judi▲ 10:30 Zumba Samantha+ |

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|---|--|---|--|---|--|--|
| <p>3 3:00-4:25pm Yoga Jane ▲ 4:30 Kettlebell Nancy+ 4:30-5:45 Zumba-Joy ▲</p> | <p>4 CLOSED</p> | <p>5 5:45-6:45am 360 Yoga Mary ▲ 8:00 RESTORE Kim ▲ 9:30 Piloxing Sophia+ 9:30 Deep Stretch Balette ▲ 10:30 Low Step Balette+ 12:10 Yoga Stacy ▲ 1:00 RX Fitness Mary Helen ▲ 2:00 No Tai Chi 6:30 Barre Basics Tracy+ 6:30 Zumba Joy ▲ 7:30 Total Body Conditioning Nancy+</p> | <p>6 5:30am Powercut Johna+ 8:30 Yoga Rebecca ▲ 8:30 Powercut Sophia+ 9:30 Barre Basics Tracy 9:30 RX Fitness Balette ▲ 10:30 Low Aerobics Balette ▲ 11:30 Gentle Yoga Balette ▲ 12:10-12:45pm Body Blast Nancy+ 5:30 RESTORE Kim 6:00 Bootcamp Tom+ 6:30 Yoga Melissa ▲ 7:30 Zumba Toning Joy ▲</p> | <p>7 5:45-6:45am 360 Yoga Mary 8:00 RESTORE Kim ▲ 8:30 Cardio Sculpt Tracy+ 9:30 Deep Stretch Balette ▲ 10:30 Low Step Balette+ 1:00 RX Fitness Balette ▲ 5:30 Yoga Judi+ 6:30 Strong by Zumba Samantha ▲ 6:30 Butts Guts & Thighs Johna+ 7:30 Kettlebell Nancy+</p> | <p>8 5:30am SynrgyTRX Johna K 8:30 Yoga Stacy ▲ 8:30 Powercut Johnna D+ 9:30 Line Dancing Balette ▲ 10:30 RX Fitness Balette ▲ 11:30 Gentle Stretch Balette ▲ 5:30-6:45 Yoga Judi ▲ 6:30 House Party Fitness Samantha+</p> | <p>9 9:30 Total Body Conditioning Amy+ 9:35-10:50 Yoga Mary ▲ 10:30 NO Zumba</p> |
| <p>10 3:00-4:25 Yoga Mary ▲ 3:30 Kettlebell Nancy+ 4:30-5:45 Zumba-Joy ▲</p> | <p>11 5:30am Powercut Johna+ 8:30 Yoga Rebecca ▲ 8:30 Powercut Kim+ 9:30 Piloxing Knockout Sophia+ 9:30 RX Fitness Balette ▲ 10:30 Low Aerobics Balette ▲ 11:30 Line Dance Balette ▲ 12:10-12:45 Kettlebell Nancy+ 5:00 Beginner Basic Line Dancing Susan+ 5:30 Intermediate Line Dancing Susan+ 6:00 SynrgyTRX Johna 6:30 Cardio Sculpt Lauren+ 6:30 Yoga Mary ▲ 7:30 House Party Fitness Samantha ▲</p> | <p>12 5:45-6:45am 360 Yoga Mary ▲ 8:00 RESTORE Kim ▲ 9:30 Piloxing Sophia+ 9:30 Deep Stretch Balette ▲ 10:30 Low Step Balette+ 12:10 Yoga Stacy ▲ 1:00 RX Fitness Mary Helen ▲ 2:00 Tai Chi Al+ 6:30 Barre Basics Tracy+ 6:30 Zumba Joy ▲ 7:30 Total Body Conditioning Nancy+</p> | <p>13 5:30am Powercut Johna+ 8:30 Yoga Rebecca ▲ 8:30 Powercut Sophia+ 9:30 Barre Basics Tracy 9:30 RX Fitness Balette ▲ 10:30 Low Aerobics Balette ▲ 11:30 Gentle Yoga Balette ▲ 12:10-12:45pm Body Blast Nancy+ 5:30 RESTORE Kim ▲ 6:00 Bootcamp Tom+ 6:30 Yoga Judi ▲ 7:30 Zumba Toning Joy ▲</p> | <p>14 5:45-6:45am 360 Yoga Mary ▲ 8:00 RESTORE Kim ▲ 8:30 Cardio Sculpt Tracy+ 9:30 Deep Stretch Balette ▲ 10:30 Low Step Balette+ 1:00 RX Fitness Mary Helen ▲ 5:30 Yoga Stacy+ 6:30 Strong by Zumba Samantha ▲ 6:30 Butts Guts & Thighs Johna+ 7:30 Kettlebell Nancy+</p> | <p>15 5:30am SynrgyTRX LeeAnn + 8:30 Yoga Stacy ▲ 8:30 Powercut Johnna D+ 9:30 Line Dancing Balette ▲ 10:30 RX Fitness Balette ▲ 11:30 Gentle Stretch Balette ▲ 5:30-6:45 Yoga Jane ▲ 6:30 Zumba/Zumba toning Joy +</p> | <p>16 9:30 Total Body Conditioning Tracy+ 9:35 Yoga Stacy ▲ 10:30 Zumba Samantha</p> |
| <p>17 3:00-4:25 Yoga Judi ▲ 3:30 Kettlebell Nancy+ 4:30-5:45 Zumba-Joy ▲</p> | <p>18 5:30am Powercut Johna+ 8:30 Yoga Rebecca ▲ 8:30 Powercut Tracy+ 9:30 Piloxing Knockout Sophia 9:30 RX Fitness Balette ▲ 10:30 Low Aerobics Balette ▲ 11:30 Line Dancing Balette ▲ 12:10-12:45pm Kettlebell Nancy+ 5:00 Beginner Basic Line Dancing Susan+ 5:30 Intermediate Line Dancing Susan+ 6:00 SynrgyTRX Johna 6:30 Cardio Sculpt Lauren+ 6:30 Yoga Judi ▲ 7:30 House party fitness Samantha ▲</p> | <p>19 5:45-6:45am 360 Yoga Mary ▲ 8:00 RESTORE Kim ▲ 9:30 Piloxing Sophia 9:30 Deep Stretch Balette ▲ 10:30 Low Step Balette+ 12:10 Yoga Stacy ▲ 1:00 RX Fitness Mary Helen ▲ 2:00 No Tai Chi 6:30 Barre Basics Tracy+ 6:30 Zumba Joy ▲ 7:30 Total Body Conditioning Nancy+</p> | <p>20 5:30am Powercut Johna+ 8:30 Yoga Rebecca ▲ 8:30 Powercut Sophia+ 9:30 Barre Basics Tracy+ 9:30 RX Fitness Balette ▲ 10:30 Low Aerobics Balette ▲ 11:30 Gentle Yoga Balette ▲ 12:10-12:45pm Body Blast Nancy+ 5:30 RESTORE Kim 6:00 Bootcamp Tom+ 6:30 Yoga Melissa ▲ 7:30 Zumba Toning Joy ▲</p> | <p>21 5:45-6:45am 360 Yoga Mary ▲ 8:00 RESTORE Kim ▲ 8:30 Cardio Sculpt Tracy 9:30 Deep Stretch Balette ▲ 10:30 Low Step Balette+ 1:00 RX Fitness Mary Helen ▲ 5:30 Yoga Stacy+ 6:30 Strong by Zumba Samantha ▲ 6:30 Butts Guts & Thighs Johna+ 7:30 Kettlebell Nancy+</p> | <p>22 5:30am SynrgyTRX Johna K 8:30 Yoga Stacy ▲ 8:30 Powercut Johnna D+ 9:30 Line Dancing Balette ▲ 10:30 RX Fitness Balette ▲ 11:30 Gentle Stretch Balette ▲ 5:30-6:45 Yoga Jane ▲ 6:30 Zumba Valerie</p> | <p>23 9:30 Total Body Conditioning Monica + 9:35 Yoga Judi ▲ 10:30 Zumba Valerie</p> |
| <p>24 3:00-4:25 Yoga Stacy ▲ 3:30 Kettlebell Nancy+ 4:30-5:45 Zumba-Joy ▲</p> | <p>25 5:30am Powercut Johna+ 8:30 Yoga Rebecca ▲ 8:30 Powercut Kim+ 9:30 Piloxing Knockout Sophia 9:30 RX Fitness Balette ▲ 10:30 Low Aerobics Balette ▲ 11:30 Line Dancing Balette ▲ 12:10-12:45pm Kettlebell Nancy+ 5:00 Beginner Basic Line Dancing Susan+ 5:30 Intermediate Line Dancing Susan+ 6:00 SynrgyTRX Johna 6:30 Cardio Sculpt Lauren+ 6:30 Yoga Jane ▲ 7:30 House party fitness Samantha ▲</p> | <p>26 5:45-6:45am 360 Yoga Mary ▲ 8:00 RESTORE Kim ▲ 9:30 Piloxing Sophia+ 9:30 Deep Stretch Balette ▲ 10:30 Low Step Balette+ 12:10 Yoga Stacy ▲ 1:00 RX Fitness Mary Helen ▲ 2:00 No Tai Chi 6:30 Barre Basics Tracy+ 6:30 Zumba Joy ▲ 7:30 Total Body Conditioning Nancy+</p> | <p>27 5:30am Powercut Johna+ 8:30 Yoga Rebecca ▲ 8:30 Powercut Sophia+ 9:30 Barre Basics Tracy+ 9:30 RX Fitness Balette ▲ 10:30 Low Aerobics Balette ▲ 11:30 Gentle Yoga Balette ▲ 12:10-12:45pm Body Blast Nancy+ 5:30 RESTORE Kim 6:00 Bootcamp Tom+ 6:30 Yoga Judi ▲ 7:30 Zumba Toning Joy ▲</p> | <p>28 5:45-6:45am 360 Yoga Mary 8:00 RESTORE Kim ▲ 8:30 Cardio Sculpt Tracy 9:30 Deep Stretch Balette ▲ 10:30 Low Step Balette+ 1:00 RX Fitness Mary Helen ▲ 5:30 Yoga Stacy+ 6:30 Strong by Zumba Samantha ▲ 6:30 Butts Guts & Thighs Johna+ 7:30 Kettlebell Nancy+</p> | <p>29 5:30am SynrgyTRX Leeann 8:30 Yoga Stacy ▲ 8:30 Powercut Johnna D+ 9:30 Line Dancing Balette ▲ 10:30 RX Fitness Balette ▲ 11:30 Gentle Stretch Balette ▲ 5:30-6:45 Yoga Jane ▲ 6:30 Zumba/Zumba Toning Joy</p> | <p>30 9:30 Total Body Conditioning Tracy+ 9:35 Yoga Mary ▲ 10:30 Zumba Samantha</p> |