

APRIL GROUP EX CLASS SCHEDULE

Foundation YMCA

233 Nash Street N Wilson, NC 27893 • 252.291.9622 • Foundationymca.org

Hours of Operation	Child Watch Hours	Fitness Class Announcements
Monday-Friday 5am-8pm Saturday 7am-4pm Sunday 11am-5pm	Monday-Thursday 9am-1pm 5:00 pm-7:30pm Friday 9am-1pm Saturday 8:30am-11am Sunday CLOSED	Please download the Y APP to stay informed on class cancellations and changes; check with the front desk and they will be happy to assist you

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All classes are 50 minutes unless otherwise stated</p> <p>Group x Studio + mind/body room ^ Cycling Studio*</p>	<p>1</p> <p>5:30am Powercut Johna+</p> <p>8:30 Yoga RebeccaG^</p> <p>8:30 Powercut Terry+ 9:30 Cycling Patch*</p> <p>9:30 RX Fitness Julie+ 10:30 Line Dance Deb+ 10:30 Aqua Stretch2o Sue (pool)</p> <p>12:10-12:45 Body Blast Nancy+ (35 min)</p> <p>12:10-1:00 Pilates Suzette^</p> <p>5:30 Cardio/strength intervals RebeccaB+ 5:30 Yoga Judi^</p> <p>6:30 Cycling Nancy* 6:30 Zumba Toning Joy+</p>	<p>2</p> <p>5:30 Cycling RebeccaB*</p> <p>5:45-6:45am Yoga Mary^</p> <p>8:30 RESTORE Carol^</p> <p>9:30 Deep Stretch RebeccaG^</p> <p>10:30 Aqua Aerobics (pool) Betsy</p> <p>10:30 Low aerobics KimP+</p> <p>12:10-12:55 Yoga Stacy ^</p> <p>1:00 RX Fitness Julie+ 5:30 Cycling Patch* 5:30 Step/sculpt Amy+ 5:30 Pilates Ginny^</p> <p>6:30 Total Body Conditioning Nancy+ 6:30 Aqua dance(pool) Marisol</p>	<p>3</p> <p>5:30am Kettlebell Johna+</p> <p>8:30 Barre Class Ginny</p> <p>9:30 Cycling Ginny 9:30 RX Fitness Kim K+ 10:30 Chair Yoga RebeccaG+</p> <p>10:30Aqua Aerobics (pool) Betsy</p> <p>12:10 Body blast Nancy+</p> <p>5:30 RESTORE Carol^</p> <p>5:30 Bootcamp Ginny+</p> <p>6:30 Zumba Joy+</p>	<p>4</p> <p>5:30 Cycling Johna * 5:45 Yoga Stacy^</p> <p>8:30 RESTORE Carol^</p> <p>9:30 Deep Stretch RebeccaG^</p> <p>10:30 NO Beginners Pilates</p> <p>10:30 Aqua Betsy</p> <p>10:30 Low Aerobics KimP+</p> <p>12:10 Cycling Nancy</p> <p>12:10 Pilates Ginny+ 1:00 RX Fitness Julie+ 5:30 Cycling Patch* 5:30 Yoga RebeccaG^</p> <p>6:30 Aqua dance Marisol</p> <p>6:30 Total Body RebeccaB+</p>	<p>5</p> <p>5:30am Cardio Intervals Johna+</p> <p>8:30 Yoga Stacy^</p> <p>9:30 Cycling RebeccaB*</p> <p>9:30 RX Fitness Julie+ 10:30 Line Dancing Deb+</p> <p>10:30 Aqua Stretch2o Sue (pool)</p> <p>12:10-12:45 Body Blast Nancy+</p>	<p>6</p> <p>8:30 Cycling Ginny* 9:30 Total Body Conditioning Ginny+ 9:30- Yoga Judi^ (1 hour, 15 min)</p> <p>11:00 Aqua TotalBody Sue (pool)</p>
<p>7</p> <p>2:45 Yoga Judi ^ (1 hour, 15 min)</p> <p>4:00-4:45 NO CLASS Zumba</p>	<p>8</p> <p>5:30am Powercut Johna+</p> <p>8:30 Yoga RebeccaG^</p> <p>8:30 Powercut Terry+ 9:30 Cycling Patch*</p> <p>9:30 RX Fitness Julie+ 10:30 Line Dance Deb+ 10:30 Aqua Stretch2o Sue (pool)</p> <p>12:10-12:45 Body Blast Nancy+ (35 min)</p> <p>12:10-1:00 Pilates Suzette^</p> <p>5:30 Cardio/strength intervals RebeccaB+ 5:30 Yoga Judi^</p> <p>6:30 Cycling Nancy* 6:30 Zumba Toning Joy+</p>	<p>9</p> <p>5:30 Cycling Johna*</p> <p>5:45-6:45am Yoga Mary^</p> <p>8:30 RESTORE KimB^</p> <p>9:30 Deep Stretch Suzette^</p> <p>10:30 Aqua Aerobics (pool) Ginny</p> <p>10:30 Low aerobics KimP+</p> <p>12:10-12:55 Yoga Stacy ^</p> <p>1:00 RX Fitness Julie+ 5:30 Cycling Patch* 5:30 Step/sculpt Amy+ 5:30 Pilates Ginny^</p> <p>6:30 Total Body Conditioning Nancy+ 6:30 Aqua dance(pool) Marisol</p>	<p>10</p> <p>5:30am Kettlebell Johna+</p> <p>8:30 Barre Class Ginny</p> <p>9:30 Cycling Ginny 9:30 RX Fitness Kim K+ 10:30 Chair Yoga RebeccaG+</p> <p>10:30Aqua TotalBody Sue (pool)</p> <p>12:10 Body blast Nancy+</p> <p>5:30 RESTORE KimB^</p> <p>5:30 Bootcamp RebeccaB+</p> <p>6:30 Zumba Joy+</p>	<p>11</p> <p>5:30 Cycling Johna * 5:45 Yoga Mary^</p> <p>8:30 RESTORE KimB^</p> <p>9:30 Deep Stretch Suzette^</p> <p>10:30 Beginners Pilates Suzette^</p> <p>10:30 Aqua Betsy</p> <p>10:30 Low Aerobics KimP+</p> <p>12:10 Cycling Nancy</p> <p>12:10 Pilates Suzette+</p> <p>1:00 RX Fitness Julie+ 5:30 Cycling Patch* 5:30 Yin Yoga Kelly^</p> <p>6:30 Total Body RebeccaB+ 6:30 Aqua Dance Marisol</p>	<p>12</p> <p>5:30am Cardio Intervals Johna+</p> <p>8:30 YOGA Stacy^</p> <p>9:30 Cycling RebeccaB*</p> <p>9:30 RX Fitness Julie+</p> <p>10:30 Line Dancing Deb^</p> <p>10:30 Aqua Stretch2o Sue (pool)</p> <p>12:10-12:45 Body Blast Nancy^</p>	<p>13</p> <p>8:30 Cycling Nancy* 9:30 Total Body Conditioning Nancy+ 9:30 Yoga Asia^ (1 hour, 15 min)</p> <p>11:00 Aqua Dance Marisol (pool)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>14</p> <p>2:45 Yoga Mary^ (1 hour, 15 min) 4:00-4:45 Zumba-Joy+</p>	<p>15</p> <p>5:30am Powercut Johna+ 8:30 Yoga Judi^ 8:30 Powercut Terry+ 9:30 Cycling Patch* 9:30 RX Fitness Julie+ 10:30 Line Dance Deb+ 10:30 Aqua Stretch2o Sue (pool) 12:10-12:45 Body Blast Nancy+ (35 min) 12:10-1:00 Pilates Suzette^ 5:30 Cardio/strength intervals RebeccaB+ 5:30 Yoga Judi^ 6:30 Cycling Nancy* 6:30 Zumba Toning joy+</p>	<p>16</p> <p>5:30 Cycling RebeccaB* 5:45-6:45am Yoga Mary^ 8:30 RESTORE Carol^ 9:30 Deep Stretch Suzette^ 10:30 Aqua Aerobics (pool) Betsy 10:30 Low aerobics/tone Kim+ 12:10-12:55 Yoga Stacy ^ 1:00 RX Fitness Julie+ 5:30 Cycling Patch* 5:30 Step/sculpt Amy+ 5:30 Pilates Ginny^ 6:30 Total Body Conditioning Nancy+ 6:30 Aqua dance(pool) Marisol</p>	<p>17</p> <p>5:30am Kettlebell Johna+ 8:30 Barre Combo Ginny^ 9:30 Cycling Ginny* 9:30 RX Fitness KimK+ 10:30 Chair Yoga Suzette+ 10:30Aqua Aerobics (pool) Betsy 12:10 Body blast Nancy+ 5:30 RESTORE Carol^ 5:30 Bootcamp RebeccaB+ 6:30 Zumba Joy+</p>	<p>18</p> <p>5:30 Cycling Johna 5:45-6:45am Yoga Mary^ 8:30 RESTORE Carol^ 9:30 Deep Stretch Suzette^ 10:30 Aqua Aerobics (pool) Betsy 10:30 Low Aerobics Kim+ 10:30 Beginners Pilates (30 min) Suzette^ 12:10 Cycling Nancy 12:10 Pilates Suzette^ 1:00 RX Fitness Julie+ 5:30 Cycling Patch* 5:30 Yoga Kelly^ 6:30 Total Body Conditioning RebeccaB+ 6:30 Aqua Dance Marisol</p>	<p>19</p> <p>5:30am Cardio Intervals Johna+ 8:30 Yoga Stacy^ 9:30 Cycling RebeccaB* 9:30 RX Fitness Julie+ 10:30 Line Dancing Deb+ 12:10-12:45 Body Blast Nancy+</p>	<p>20</p> <p>8:30 Cycling RebeccaB* 9:30 Total Body Conditioning RebeccaB+ 9:30 Yoga Kelly^ 40 min of Vinyass and 40 minutes of Yin</p>
<p>21</p> <p>2:45 Yoga Kelly^ (1 hour, 15 min) 4:00-4:45 Zumba-Joy+</p>	<p>22</p> <p>5:30am Powercut Johna+ 8:30 Yoga RebeccaG^ 8:30 Powercut Terry+ 9:30 Cycling Patch* 9:30 RX Fitness KimK+ 10:30 Line Dance Deb+ 12:10-12:45 Body Blast Nancy+ (35 min) 12:10-1:00 Pilates Suzette^ 5:30 Cardio/strength intervals RebeccaB+ 5:30 Yoga Judi^ 6:30 Cycling Nancy* 6:30 Zumba toning Joy+</p>	<p>23</p> <p>5:30 Cycling Johna* 5:45-6:45am Yoga Mary^ 8:30 RESTORE Carol^ 9:30 Deep Stretch RebeccaG^ 10:30 Low Aerobics/tone Johna+ 12:10-12:55 Yoga Stacy^ 1:00 RX Fitness RebeccaB+ 5:30 Cycling Patch* 5:30 Step/sculpt Amy+ 5:30 Pilates Ginny^ 6:30 Total Body Conditioning Nancy+</p>	<p>24</p> <p>5:30am Kettlebell JohnaK+ 8:30 Barre Combo Ginny^ 9:30 Cycling Ginny* 9:30 RX Fitness KimK+ 10:30 Chair Yoga Suzette+ 12:10 Body blast Nancy + 5:30 RESTORE Carol^ 5:30 Bootcamp Ginny+ 6:30 Zumba Joy+</p>	<p>25</p> <p>Y M C A C L O S E D</p>	<p>26</p> <p>Y M C A C L O S E D</p>	<p>27</p> <p>8:30 Cycling Johna* 9:30 Total Body Conditioning Amy + 9:30 Yoga Judi ^</p>
<p>28</p> <p>2:45 Yoga Judi^ (1 hour, 15 min) 4:00-4:45 Zumba-Joy+</p>	<p>29</p> <p>5:30am Powercut Johna+ 8:30 Yoga RebeccaG^ 8:30 Powercut Terry+ 9:30 Cycling Patch* 9:30 RX Fitness Julie+ 10:30 Line Dance Deb+ 12:10-12:45 Body Blast Nancy+ (35 min) 12:10-1:00 Pilates Suzette^ 5:30 Cardio/strength intervals RebeccaB+ 5:30 Yoga Judi^ 6:30 Cycling Nancy* 6:30 Zumba toning Joy</p>	<p>30</p> <p>5:30 Cycling Johna* 5:45-6:45am Yoga Mary^ 8:30 RESTORE Carol^ 9:30 Deep Stretch RebeccaG^ 10:30 Aqua aerobics (pool) Betsy 10:30 Low aerobics/tone KimP+ 12:10-12:55 Yoga Stacy ^ 1:00 RX Fitness Julie+ 5:30 Cycling Patch* 5:30 Step/sculpt Amy+ 5:30 Pilates Ginny^ 6:30 Aqua Dance (pool)Marisol 6:30 Total Body Conditioning Nancy+</p>				
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