



Foundation YMCA Group Fitness Calendar · MAY 2023
 233 Nash Street N Wilson, NC 27893 • 252.291.9622 • wilsonymca.org

Hours of Operation	
Monday-Friday-	5:00am-8:00pm
Saturday-	7:00am-4:00pm
Sunday -	11:00am-5:00pm

Child Watch Hours	
Monday-Thursday	9:00am-1:00pm 5:00 pm- 7:30pm
Friday-	9:00am-1:00pm
Saturday-	8:00am-11:00am
Sunday-	CLOSED

Fitness Class Announcements
 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
 Please note all classes are subject to change.

GROUP EX CALENDAR MAY 2023						
SUN	MON	TUE	WED	THUR	FRI	SAT
All classes are 50 minutes unless otherwise stated. +Group x Studio ▲mind/body room *Cycling Studio	1 5:30 am Powercut Johnna+ 8:30 Yoga Rebecca G ▲ 8:30 Powercut Terry+ 9:30 Cycling Patch * 9:30 RX Fitness Emmy+ 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 Johnna+ 5:30 Yoga Judi ▲ 6:30 Cycling Nancy* 6:30 Zumba toning Joy+	2 5:30 Cycling RebeccaB* 5:45-6:45 am Yoga Mary ▲ 8:30 RESTORE Carol▲ 9:30 Deep Stretch Emmy ▲ 10:30Aqua Aerobics (pool) Ginny 10:30 Low aerobics Kim+ 12:10 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	3 5:30am Kettlebell Johnna+ 8:30 Barre Combo Ginny ▲ 9:30 Cycling Ginny* 9:30 RX Fitness Emmy+ 10:30 Chair Yoga Emmy+ 10:30Aqua Aerobics (pool) Kim P 12:10 Circuit35 Nancy+ 5:30 RESTORE Carol ▲ 5:30 Bootcamp Tom+ 6:30 Zumba Joy+	4 5:30 Cycling Johnna * 5:45 Yoga Mary ▲ 8:30 RESTORE Carol▲ 9:30 Deep Stretch Suzette ▲ 10:30 Beginners Pilates (30 min) Suzette▲ 10:30 Aqua Betsy 10:30 Low Aerobics Kim+ 12:10 Cycling Nancy 12:10 Pilates Suzette▲ 1:00 RX Fitness Julie+ 5:30 Youth Fit Demetrius + 5:30 Cycling Patch* 5:30 Yoga Judi▲ 6:30 Total Body RebeccaB+ 6:00 Aqua aerobics Marisol	5 5:30 am Cardio Intervals Johnna+ 8:30 Yoga Stacy▲ 9:30 Cycling RebeccaB* 9:30 RX Fitness Emmy+ 10:30 Line Dancing Deb+ 12:10-12:45 Body Blast Nancy	6 8:30 Cycling RebeccaB* 9:30 Total Body Conditioning RebeccaB+ 9:30 Yoga RebeccaG▲ (1 hour, 15 min) 11:00 Aqua Dance (pool) Marisol
7 2:45 Yoga Judi▲ (1 hour, 15 min) 4:00-4:45 Zumba-Joy+	8 5:30 am Powercut Johnna+ 8:30 Yoga RebeccaG ▲ 8:30 Powercut Terry+ 9:30 Cycling Patch * 9:30 RX Fitness Emmy+ 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 Johnna+ 5:30 Yoga Judi ▲ 6:30 Cycling Nancy* 6:30 Zumba toning Joy+	9 5:30 Cycling RebeccaB* 5:45-6:45am Yoga Mary ▲ 8:30 RESTORE Carol▲ 9:30 Deep Stretch Emmy ▲ 10:30Aqua Aerobics (pool) Betsy 10:30 Low aerobics Kim+ 12:10 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	10 5:30am Kettlebell Johnna+ 8:30 Barre Combo Ginny ▲ 9:30 Cycling Ginny* 9:30 RX Fitness Emmy+ 10:30 Chair Yoga Emmy+ 10:30Aqua Aerobics (pool) Betsy 12:10 Circuit35 Nancy+ 5:30 RESTORE Carol ▲ 5:30 Bootcamp Tom+ 6:30 Zumba Joy+	11 5:30 Cycling Johnna * 5:45 Yoga Mary ▲ 8:30 RESTORE Carol▲ 9:30 Deep Stretch Suzette ▲ 10:30 Beginners Pilates (30 min) Suzette▲ 10:30 Aqua Betsy 10:30 Low Aerobics Kim+ 12:10 Cycling Nancy 12:10 Pilates Suzette▲ 1:00 RX Fitness Julie+ 5:30 Youth Fit Demetrius + 5:30 Cycling Patch* 5:30 Yin Yoga Kelly ▲ 6:30 Total Body Amy+ 6:00 Aqua aerobics Johnna	12 5:30am Cardio Intervals Johnna+ 8:30 Yoga Stacy▲ 9:30 Cycling RebeccaB* 9:30 RX Fitness Emmy+ 10:30 Line Dancing Deb+ 12:10-12:45 Body Blast Nancy+	13 8:30 Cycling Ginny* 9:30 Total Body Conditioning Ginny+ 9:30 Yoga Kelly ▲ (1 hour, 15 min) 11:00 Aqua Dance(pool) Marisol
14 2:45 Yoga Kelly ▲ (1 hour, 15 min) 4:00-4:45 Zumba-Joy+	15 5:30am Powercut Johnna+ 8:30 Yoga RebeccaG▲ 8:30 Powercut Terry+ 9:30 Cycling Patch* 9:30 RX Fitness Emmy+ 10:30 Line Dance Deb+ 12:10-12:45 Body Blast Nancy+ (35 min) 12:10-1:00 Pilates Stacy ▲ 5:30 Cardio/strength intervals Johnna+ 5:30 Yoga Judi ▲ 6:30 Cycling Nancy* 6:30 Zumba Toning Joy+	16 5:30 Cycling RebeccaB* 5:45-6:45am Yoga Mary ▲ 8:30 RESTORE Carol▲ 9:30 Deep Stretch Emmy ▲ 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 Suzette▲ 6:30 Total Body Conditioning Nancy+ 6:30 Aqua Dance (pool) Marisol	17 5:30am Kettlebell Johnna+ 8:30 Barre Combo RebeccaB▲ 9:30 Cycling RebeccaB* 9:30 RX Fitness Emmy+ 10:30 Chair Yoga Emmy+ 10:30Aqua Aerobics (pool) Betsy 12:10 Circuit35 Nancy+ 5:30 RESTORE Carol ▲ 5:30 Bootcamp Tom+ 6:30 Zumba Joy+	18 5:30 Cycling Johnna * 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 Youth Fit Demetrius + 5:30 Yoga Kelly▲ 6:30 Total Body Conditioning RebeccaB+ 6:00 Aqua aerobics Marisol	19 5:30am Cardio Intervals Johnna+ 8:30 Yoga Stacy▲ 9:30 Cycling RebeccaB* 9:30 RX Fitness Emmy+ 10:30 Line Dancing Deb+ 12:10-12:45 Body Blast Nancy+	20 8:30 Cycling Patch* 9:30 Total Body Conditioning Johnna+ 9:30 Yoga Asia▲ (1 hour, 15 min) 11:00 Aqua Dance (pool) Marisol

