


SEPTEMBER GROUP EX CLASS SCHEDULE

Foundation YMCA

233 Nash Street N Wilson, NC 27893 • 252.291.9622 • wilsonymca.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
All classes are 50 minutes unless otherwise stated +Group x Studio ▲mind/body room *Cycling Studio					1 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+	2 8:30 Cycling Ginny* 9:30 Total Body Conditioning Ginny+ 9:30 NO Yoga (1 hour, 15 min) 11:00 Aqua Dance (pool) Marisol
3 2:45 Yoga Rebecca▲ (1 hour, 15 min) 4:00-4:45 Zumba Joy	4 C L O S E D 	5 5:30 Cycling Johna* 5:45-6:45am Yoga Mary▲ 8:30 RESTORE Carol▲ 9:30 Deep Stretch Rebecca▲ 10:30 Aqua Aerobics (pool) Betsy 10:30 Low aerobics 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	6 5:30am Kettlebell Johna+ 8:30 Barre Class Ginny▲ 9:30 Cycling * 9:30 RX Fitness Kim K+ 10:30 Chair Yoga RebeccaG+ 10:30Aqua Aerobics (pool) Johna 12:10 Body blast Nancy+ 5:30 RESTORE Carol▲ 5:30 Bootcamp Tom+ 6:30 Zumba Joy+	7 5:30 Cycling Johna * 5:45 Yoga Mary▲ 8:30 RESTORE Carol▲ 9:30 Deep Stretch Suzette+ 10:30 Beginners Pilates (30 mins) Suzzette ▲ 10:30 Aqua Betsy 10:30 Low Aerobics Kim+ 12:10 Cycling Nancy* 12:10 Pilates Suzzette+ 1:00 RX Fitness Julie+ 5:30 Youth Fit Demetrius + 5:30 Cycling Patch* 5:30 Yin Yoga Kelly▲ 6:30 Aqua dance Marisol 6:30Total Body RebeccaB+	8 5:30am Cardio Intervals Johna+ 8:30 YOGA Stacy 9:30 Cycling RebeccaB* 9:30 RX Fitness Kim K+ 10:30 Line Dancing Deb+ 12:10-12:45 Body Blast Nancy+	9 8:30 Cycling Nancy* 9:30 Total Body Conditioning Nancy+ 9:30 Yoga Judi▲ (1 hour, 15 min) 11:00 Aqua Dance(pool) Marisol

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 2:45 Yoga Kelly ▲ (1 hour, 15 min) 4:00-4:45 Zumba-Joy+	11 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 Johna+ 5:30 Yoga Judi▲ 6:30 Cycling Nancy* 6:30 Zumba Toning Joy+	12 5:30 Cycling RebeccaB* 5:45-6:45am Yoga Mary▲ 8:30 RESTORE Carol▲ 9:30 Deep Stretch Rebecca▲ 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	13 5:30am Kettlebell Johna+ 8:30 Barre Combo Ginny▲ 9:30 Cycling Ginny* 9:30 RX Fitness KimK+ 10:30 Chair Yoga Rebecca+ 10:30Aqua Aerobics (pool) Betsy 12:10 Body blast Nancy+ 5:30 RESTORE Carol▲ 5:30 Bootcamp Tom+ 6:30 Zumba Joy+	14 5:30 Cycling Johna * 5:45-6:45am Yoga Stacy▲ 8:30 RESTORE Carol▲ 9:30 Deep Stretch Suzette▲ 10:30 Aqua Aerobics (pool) Betsy 10:30 Low Aerobics Julie+ 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+ 6:30 Aqua Johna	15 5:30am Cardio Intervals Johna+ 8:30 Yoga Stacy▲ 9:30 Cycling RebeccaB* 9:30RX Fitness Julie+ 10:30 Line Dancing Deb+ 12:10-12:45 Body Blast Nancy+	16 8:30 Cycling RebeccaB* 9:30 Total Body Conditioning RebeccaB+ 9:30 Yoga Mary▲ (1 hour, 15 min) 11:00 Aqua Dance Marisol
17 2:45 Yoga Mary▲ (1 hour, 15 min) 4:00-4:45 Zumba-Joy+	18 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 Johna+ 5:30 Yoga Ginny▲ 6:30 Cycling Nancy* 6:30 Zumba toning Joy+	19 5:30 Cycling Johna* 5:45-6:45am Yoga Mary▲ 8:30 RESTORE Carol▲ 9:30 Deep Stretch RebeccaG▲ 10:30 Aqua Aerobics (pool) Johna 10:30Low 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 Marisol	20 5:30am Kettlebell Johna+ 8:30 Barre Combo Ginny▲ 9:30 Cycling Ginny* 9:30 RX Fitness KimK+ 10:30 Chair Yoga Rebecca+ 10:30Aqua Aerobics (pool) Johna 12:10 Body blast Nancy + 5:30 RESTORE Carol▲ 5:30 Bootcamp Tom+ 6:30 Zumba Joy+	21 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 Beginners Pilates Suzette▲ 10:30 Low Aerobics Kim+ 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 Ginny▲ 6:30 Total Body Conditioning Nancy+ 6:30 Aqua Dance Marisol	22 5:30am Cardio Intervals Johna+ 8:30 Yoga Stacy▲ 9:30 Cycling Patch* 9:30RX Fitness Julie+ 10:30 Line Dancing Deb+ 12:10-12:45 Body Blast Nancy+	23 8:30 Cycling Johna* 9:30 Total Body Conditioning Johna+ 9:30 Yoga Asia ▲ (1 hour, 15 min) 11:00 Aqua Dance(pool) Marisol
24 2:45 Yoga Kelly▲ (1 hour, 15 min) 4:00-4:45 Zumba-Joy+	25 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 Ginny+ 5:30 Yoga Judi▲ 6:30 Cycling Nancy* 6:30 Zumba toning Joy+	26 5:30 Cycling RebeccaB* 5:45-6:45am Yoga Mary▲ 8:30 RESTORE Carol▲ 9:30 Deep Stretch Rebecca▲ 10:30 Aqua Aerobics (pool) Betsy 10:30Low aerobics/tone KimP+ 12:10-12:55 Yoga Stacy ▲ 1:00 RX Fitness RebeccaB+ 5:30 Cycling Patch* 5:30 Step/sculpt Amy+ 5:30 Pilates Stacy▲ 6:30 Aqua Dance (pool)Marisol 6:30 Total Body Conditioning Nancy+	27 5:30am NO class 8:30 Barre Combo Ginny▲ 9:30 Cycling Ginny* 9:30 RX Fitness KimK+ 10:30 Chair Yoga RebeccaG+ 10:30 Aqua Aerobics (pool) Betsy 12:10 Body blast Nancy+ 5:30 RESTORE Carol▲ 5:30 Bootcamp Tom+ 6:30 Zumba Joy+	28 5:30 Cycling Rebecca B* 5:45-6:45am Yoga Mary▲ 8:30 RESTORE Carol▲ 9:30 Deep Stretch Suzette▲ 10:30 Aqua Aerobics (pool) Betsy 10:30 Beginners Pilates Suzette▲ 10:30 Low Aerobics Kim+ 12:10 Cycling Nancy* 12:10 Pilates Suzette▲ 1:00 RX Fitness Rebecca B+ 5:30 Cycling Patch* 5:30 Youth Fit Demetrius + 5:30 Yoga Kelly▲ 6:30 Total Body Conditioning RebeccaB+ 6:30 Aqua Dance Marisol	29 5:30am Cardio Intervals Johna+ 8:30 YOGA Stacy▲ 9:30 Cycling RebeccaB* 9:30RX Fitness Kim Payne+ 10:30 Line Dancing Deb▲ 12:10-12:45 Body Blast Nancy▲	30 8:30 Cycling Johna* 9:30 Total Body Conditioning Amy+ 9:30 Yoga Judi▲ (1 hour, 15 min) 11:00 Aqua Dance(pool) Marisol +Group x Studio ▲mind/body room *Cycling Studio