 

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

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| Hours of Operation | Child Watch Hours |  FITNESS CLASS ANNOUNCEMENTS |
| Monday-Friday  | 5am-8pm |  |  |  |
| Saturday | 8am-3pm |  |  |  |
| Sunday | 1pm-6pm |  |  |  |
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| OCTOBER 2020 CYCLING |
| SUN | MON | TUE | WED | THU | FRI | SAT |
| All spin classes are 45 minutes unless otherwise stated |  |  |  | 1 | 2 | 3 |
| 4 | 59:30 Patch6:30pm Nancy | 65:45am Claire 5:15 Patch | 79:30 Ginny | 85:45am John12:10-1:00 pm Nancy | 99:30 Patch | 108:30 am Claire |
| 11 | 129:30 Patch6:30pm Nancy | 135:45am Claire 5:15 Patch | 149:30 Ginny | 155:45am John12:10-1:00 pm Nancy | 169:30 Patch | 178:30 am Ginny |
| 18 | 199:30 Patch6:30pm Nancy | 205:45am Claire5:15 Patch | 219:30 Ginny | 225:45am JohnNO 12:10-1:00 pm class | 239:30 Patch | 248:30 am Lauren  |
| 25 | 269:30 Patch6:30pm Nancy | 275:45am Claire5:15 Patch | 289:30 Ginny | 295:45am John12:10-1:00 pm Nancy | 309:30 Patch |  318:30 am Patch |

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| OCTOBER FITNESS SCHEDULE |
| SUN |  MON | TUE | WED | THU | FRI | SAT |
|   |  |  |  | 1 | 2 | 3 |
| 4 3:00 Yoga Mary▲5:00-5:45 Zumba-Joy▲ | 55:30am Powercut JohnaK+8:30 Yoga Rebecca▲9:30 RX Fitness Emmy▲10:30 Low Aerobics Jessica+10:30 Line Dance Alice▲4:30 Line Dancing Susan+5:45 TRX Nancy (hiit room)6:00 Cardio Sculpt Lauren+ 6:30 Yoga Judi▲ | 65:45-6:45am 360 Yoga Mary8:30 RESTORE Kim▲9:30 Deep Stretch Emmy▲12:10 Body Blast Nancy+1:00 RX Fitness Mary Helen▲6:30 Zumba Joy▲6:30 Total Body Conditioning Nancy+ | 75:30am Powercut Johna+8:30 Powercut Ginny+9:30 RX Fitness Emmy▲10:30 Chair Yoga Emmy▲5:30 Zumba Toning Joy▲6:00 Bootcamp Tom+ | 85:45-6:45am 360 Yoga Mary▲8:30 RESTORE Kim▲9:30 Deep Stretch Suzette12:10 Pilates Suzette1:00 RX Fitness Mary Helen5:30 Yoga Stacy▲6:00 Rope Hiit Nancy (35 min) | 98:30 Yoga Stacy▲9:30 RX Fitness Emmy▲ 10:30 Line Dancing Alice▲ | 109:30 Total Body Conditioning Amy+9:35-10:50 Yoga Judi▲ |
| 113:00 Yoga Judi▲5:00-5:45 Zumba-Joy▲ | 125:30am Powercut JohnaK+8:30 Yoga Rebecca▲9:30 RX Fitness Emmy▲10:30 Low Aerobics Jessica+10:30 Line Dance Alice▲12:30 Pilates Suzette▲5:45 TRX Nancy (hiit room)6:00 Cardio Sculpt Lauren+ 6:30 Yoga Judi▲ | 13 5:45-6:45am 360 Yoga Mary8:30 RESTORE Kim▲9:30 Deep Stretch Emmy▲12:10 TRX Nancy1:00 RX Fitness Mary Helen▲6:30 Zumba Joy▲6:30 Total Body Conditioning Nancy+ | 145:30am Powercut Johna+8:30 Powercut Ginny+9:30 RX Fitness Emmy▲10:30 Chair Yoga Emmy▲5:30 Zumba Toning Joy▲6:00 Bootcamp Tom+ | 155:45-6:45am 360 Yoga Mary▲8:30 RESTORE Kim▲9:30 Deep Stretch Suzette12:10 Pilates Suzette1:00 RX Fitness Mary Helen5:30 Yoga Stacy▲6:00 Rope Hiit Nancy (35 min) | 168:30 Yoga Stacy▲9:30 RX Fitness Emmy▲ 10:30 Line Dancing Alice▲ | 179:30 Total Body Conditioning Ginny+9:35 Yoga Judi▲ |
| 183:00 Yoga Stacy▲5:00-5:45 Zumba-Joy | 195:30am Powercut JohnaK+8:30 Yoga Rebecca▲9:30 RX Fitness Emmy▲10:30 Low Aerobics Jessica+10:30 Line Dance Alice▲12:30 Pilates Suzette▲4:30 Line Dancing Susan+5:45 TRX Nancy (hiit room)6:00 Cardio Sculpt Lauren+ 6:30 Yoga Judi▲ | 205:45-6:45am 360 Yoga Mary8:30 RESTORE Kim▲9:30 Deep Stretch Emmy▲12:10 Body Blast Nancy+1:00 RX Fitness Mary Helen▲6:30 Zumba Joy▲6:30 Total Body Conditioning Nancy+ | 215:30am Powercut Johna+8:30 Powercut Ginny+9:30 RX Fitness Emmy▲10:30 Chair Yoga Emmy▲5:30 Zumba Toning Joy▲6:00 Bootcamp Tom+ | 225:45-6:45am 360 Yoga Mary▲8:30 RESTORE Kim▲9:30 Deep Stretch Suzette12:10 Pilates Suzette1:00 RX Fitness Mary Helen5:30 Yoga Stacy▲6:00 NO Rope Hiit  | 238:30 Yoga Stacy▲9:30 RX Fitness Emmy▲ 10:30 Line Dancing Alice▲ | 249:30 Total Body Conditioning Lauren+9:35 Yoga Stacy▲ |
| 253:00 Yoga Mary ▲5:00-5:45 Zumba-Joy | 265:30am Powercut JohnaK+8:30 Yoga Rebecca▲9:30 RX Fitness Emmy▲10:30 Low Aerobics Jessica+10:30 Line Dance Alice▲12:30 Pilates Suzette▲5:45 TRX Nancy (hiit room)6:00 Cardio Sculpt Lauren+ 6:30 Yoga Judi▲ | 275:45-6:45am 360 Yoga Mary8:30 RESTORE Kim▲9:30 Deep Stretch Emmy▲12:10 TRX Nancy1:00 RX Fitness Mary Helen▲6:30 Zumba Joy▲6:30 Total Body Conditioning Nancy+ | 285:30am Powercut Johna+8:30 Powercut Ginny+9:30 RX Fitness Emmy▲10:30 Chair Yoga Emmy▲5:30 Zumba Toning Joy▲6:00 Bootcamp Tom+ | 295:45-6:45am 360 Yoga Mary▲8:30 RESTORE Kim▲9:30 Deep Stretch Suzette12:10 Pilates Suzette1:00 RX Fitness Mary Helen5:30 Yoga Stacy▲6:00 Rope Hiit Nancy (35 min | 308:30 Yoga Stacy▲9:30 RX Fitness Emmy▲ 10:30 Line Dancing Alice▲ | 319:30 Total Body Conditioning Nancy+9:35 Yoga Judi▲▲-Gymnastics Room+-Multi-Purpose Room\*-Robin Givens Youth RoomPlease note that class times are 55 minutes unless otherwise noted.  |