




FOUNDATION YMCA APRIL 2026 GROUP EX CLASS SCHEDULE

233 NASH STREET N WILSON, NC 27893 • 252.291.9622 • FOUNDATIONYMCA.ORG

Hours of Operation	Child Watch Hours	Fitness Class Announcements
Monday-Thurs 5am-9pm Friday 5am-8pm Saturday 7am-4pm Sunday 11am-5pm	Monday-Thursday 8:15 am-1 pm 5:00 pm-7:30 pm Friday 8:15 am-1 pm Saturday 8:00 am-11 am Sunday CLOSED	WE HAVE A NEW APP! Please download the Y APP to stay informed on class cancellations and changes; Scan QR Code to get app!  IPHONE  ANDROID

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>+ Group X Studio</p> <p>^ Mind Body Studio</p> <p>*Cycling room</p>			<p>1</p> <p>5:30am Kettlebell Johna+ 7:00am Yoga Lee^</p> <p>8:30 am RX Fitness Julie+ 35 min 8:30 Barre Combo Ginny^</p> <p>9:30 Cycle Ginny* 9:30 RX Fitness Julie+</p> <p>10:30 Chair Yoga RebeccaG+ 10:30Aqua Betsy(pool)</p> <p>12:10 Body blast Nancy+ 5:30 RESTORE Carol^</p> <p>5:30 Bootcamp Lauren+ 6:30 Zumba Joy+</p>	<p>2</p> <p>5:30 Cycling Lauren* 5:45-6:45am Yoga Stacy^</p> <p>8:30 RESTORE Carol^ 9:30 Deep Stretch RebeccaG^</p> <p>10:30 NO CLASS Beginners Pilates ^ 10:30 Aqua aerobics (pool) Sue</p> <p>10:30 Low Aerobics Joanna+ 12:10 Cycling Nancy*</p> <p>12:10 Pilates Stacy^ 1:00 RX Fitness Julie+</p> <p>2:00 Parkinson's Class 5:30 Cycling Patch*</p> <p>5:30 Yin Yoga Amy^ 5:30 Total Body Conditioning Lauren+</p>	<p>3</p> <p>5:30am Cardio Intervals Johna+ 8:30 am RX Fitness Julie+ 35 min</p> <p>8:30 YOGA Stacy^ 9:30 Cycling RebeccaB*</p> <p>9:30 RX Fitness Julie+ 10:30 Line Dancing Deb^</p> <p>10:30 Aqua Stretch2o Sue (pool) 12:10-12:45 Body Blast Nancy+</p>	<p>4</p> <p>8:30 Cycling Ginny* 9:30 Total Body Conditioning Ginny+</p> <p>9:30- Yoga Lee^ (1 hour, 15 min) 9:30 Level Up Kids Class- Court B-ages 7-12 11:00 am Aqua Total Body (pool) Sue</p>
<p>C L O S E D</p> <p>HAPPY EASTER</p> 	<p>6</p> <p>5:30am Powercut Johna+ 7:00am Pilates Lee^</p> <p>8:30 am Rx Fitness Julie + 35 min 8:30 Yoga RebeccaG^</p> <p>9:30 Cycling Patch* 9:30 RX Fitness Julie+</p> <p>10:30 Line Dance Deb+ 10:30 Aqua Stretch2o Sue(pool)</p> <p>12:10-12:45 Body Blast Nancy+ (35 min) 12:10-1:00 Pilates Stacy^</p> <p>5:30 Cardio/strength intervals RebeccaB+ 5:30 Yoga Judi^</p> <p>6:30 Zumba Toning Joy+ 6:30 Rhythm Ride Jordan*</p>	<p>7</p> <p>5:30 Cycling Johna* 5:45-6:45am Yoga Stacy^</p> <p>8:30 RESTORE Carol^ 9:30 Deep Stretch RebeccaG^</p> <p>10:30 Aqua Aerobics (pool) Betsy 10:30 Low aerobics Joanna+</p> <p>12:10-12:55 Yoga Stacy ^ 1:00 RX Fitness Julie+</p> <p>2:00 Parkinson's Class 5:30 Cycling RebeccaB*</p> <p>5:30 Step/sculpt Amy+ 5:30 Pilates Ginny^</p> <p>6:30 Total Body Conditioning Nancy+</p>	<p>8</p> <p>5:30am Kettlebell Johna+ 7:00am Yoga Lee^</p> <p>8:30 am RX Fitness Julie+ 35 mins 8:30 Barre Combo Ginny^</p> <p>9:30 Cycle Ginny* 9:30 RX Fitness Julie+</p> <p>10:30 Chair Yoga RebeccaG+ 10:30Aqua Betsy(pool)</p> <p>12:10 Body blast Nancy+ 5:30 RESTORE Carol^</p> <p>5:30 Bootcamp Lauren+ 6:30 Zumba Joy+</p>	<p>9</p> <p>5:30 Cycling Lauren* 5:45-6:45am Yoga Stacy^</p> <p>8:30 RESTORE Carol^ 9:30 Deep Stretch RebeccaG^</p> <p>10:30 NO CLASS Beginners Pilates ^ 10:30 Aqua aerobics (pool) Betsy</p> <p>10:30 Low Aerobics Joanna+ 12:10 Cycling Nancy*</p> <p>12:10 Pilates Stacy^ 1:00 RX Fitness Julie+</p> <p>2:00 Parkinson's Class 5:30 Cycling Patch*</p> <p>5:30 Yin Yoga Lee^ 5:30 Total Body Conditioning RebeccaB+</p>	<p>10</p> <p>5:30am Cardio Intervals Johna+ 8:30 am NO CLASS RX Fitness +</p> <p>8:30 YOGA Stacy^ 9:30 Cycling RebeccaB*</p> <p>9:30 RX Fitness Deb+ 10:30 Line Dancing Deb^</p> <p>10:30 Aqua Stretch2o Sue (pool) 12:10-12:45 Body Blast Nancy+</p>	<p>11</p> <p>8:30 Cycling Nancy* 9:30 Total Body Conditioning Nancy+</p> <p>9:30- Yoga Asia^ (1 hour, 15 min) 9:30 Level Up Kids Class- Court B-ages 7-12 11:00 am Aqua Total Body (pool) Sue</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>12</p> <p>2:45 Yoga Judi^ (1 hour, 15 min)</p> <p>4:00-4:45 Zumba Joy+</p>	<p>13</p> <p>5:30am Powercut Lauren+</p> <p>7:00am Pilates RebeccaB^</p> <p>8:30 am Rx Fitness Julie + 35 mins</p> <p>8:30 Yoga RebeccaG^</p> <p>9:30 Cycling Patch*</p> <p>9:30 RX Fitness Julie+</p> <p>10:30 Line Dance Deb+</p> <p>10:30 Aqua Stretch2o Sue(pool)</p> <p>12:10-12:45 Body Blast Nancy+ (35 min)</p> <p>12:10-1:00 Pilates Stacy^</p> <p>5:30 Cardio/strength intervals RebeccaB+</p> <p>5:30 Yoga Stacy^</p> <p>6:30 Zumba Toning Joy+</p> <p>6:30 Cycling Nancy*</p>	<p>14</p> <p>5:30 Cycling Johna*</p> <p>5:45-6:45am Yoga Stacy^</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 Joanna+</p> <p>12:10-12:55 Yoga Stacy ^</p> <p>1:00 RX Fitness Julie+</p> <p>2:00 Parkinson's Class</p> <p>5:30 Cycling Patch*</p> <p>5:30 Step/sculpt Amy+</p> <p>5:30 Pilates Ginny^</p> <p>6:30 Total Body Conditioning Nancy+</p>	<p>15</p> <p>5:30am Kettlebell Johna+</p> <p>7:00am Yoga RebeccaG^</p> <p>8:30 am RX Fitness Julie+ 35 mins</p> <p>8:30 Barre Combo Ginny ^</p> <p>9:30 Cycle Ginny*</p> <p>9:30 RX Fitness Julie+</p> <p>10:30 Chair Yoga RebeccaG+</p> <p>10:30Aqua Betsy(pool)</p> <p>12:10 Body blast Nancy+</p> <p>5:30 RESTORE Carol^</p> <p>5:30 Bootcamp Lauren+</p> <p>6:30 Zumba Joy+</p>	<p>16</p> <p>5:30 Cycling Lauren*</p> <p>5:45-6:45am Yoga Stacy^</p> <p>8:30 RESTORE Carol^</p> <p>9:30 Deep Stretch Suzette^</p> <p>10:30 Beginners Pilates Suzette^</p> <p>10:30 Aqua aerobics Betsy (pool)</p> <p>10:30 Low Aerobics Joanna+</p> <p>12:10 Cycling Nancy*</p> <p>12:10 Pilates Suzette^</p> <p>1:00 RX Fitness Julie+</p> <p>2:00 Parkinson's Class</p> <p>5:30 Cycling Patch*</p> <p>5:30 Yoga Lee^</p> <p>5:30 Total Body Conditioning Rebecca+</p>	<p>17</p> <p>5:30am Cardio Intervals Johna+</p> <p>8:30 am RX Fitness Julie+ 35 mins</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>18</p> <p>8:30 Cycling Lauren*</p> <p>9:30 Total Body Conditioning Lauren+</p> <p>9:30 Yoga Lee^</p> <p>9:30 CLASS Level Up Kids Class- Court B-ages 7-12</p> <p>11:00am Aqua total body Sue (pool)</p>
<p>19</p> <p>2:45 Yoga Lee^ (1 hour, 15 min)</p> <p>4:00-4:45 Zumba Joy+</p>	<p>20</p> <p>5:30am Powercut Lauren+</p> <p>7:00am Pilates Lee^</p> <p>8:30 am Rx Fitness Julie + 35 mins</p> <p>8:30 Yoga RebeccaG^</p> <p>9:30 Cycling Patch*</p> <p>9:30 RX Fitness Julie+</p> <p>10:30 Line Dance Deb+</p> <p>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 Ginny+</p> <p>5:30 Yoga Judi^</p> <p>6:30 Zumba Toning Joy+</p> <p>6:30 Rhythm Ride Jordan*</p>	<p>21</p> <p>5:30 Cycling Johna*</p> <p>5:45-6:45am Yoga Stacy^</p> <p>8:30 RESTORE Carol</p> <p>9:30 Deep Stretch RebeccaG^</p> <p>10:30 Aqua Aerobics (pool) Sue</p> <p>10:30 Low aerobics Joanna+</p> <p>12:10-12:55 Yoga Stacy ^</p> <p>1:00 RX Fitness Julie+</p> <p>2:00 Parkinson's Class</p> <p>5:30 Cycling Patch*</p> <p>5:30 Step/sculpt Amy+</p> <p>5:30 Pilates Ginny^</p> <p>6:30 Total Body Conditioning Nancy+</p>	<p>22</p> <p>5:30am Kettlebell Johna+</p> <p>7:00am Yoga Lee^</p> <p>8:30 am RX Fitness Julie+ 35 mins</p> <p>8:30 Barre Combo Ginny ^</p> <p>9:30 Cycle Ginny*</p> <p>9:30 RX Fitness Julie+</p> <p>10:30 Chair Yoga RebeccaG+</p> <p>10:30Aqua Aerobics Sue (pool)</p> <p>12:10 Body blast Nancy+</p> <p>5:30 RESTORE Carol^</p> <p>5:30 Bootcamp Nancy+</p> <p>6:30 Zumba Joy+</p>	<p>23</p> <p>5:30 Cycling Lauren*</p> <p>5:45-6:45am Yoga Stacy^</p> <p>8:30 RESTORE Carol^</p> <p>9:30 Deep Stretch Suzette^</p> <p>10:30 Beginners Pilates Suzette^</p> <p>10:30 Aqua aerobics Sue (pool)</p> <p>10:30 Low Aerobics Joanna+</p> <p>12:10 Cycling Nancy*</p> <p>12:10 Pilates Suzette^</p> <p>1:00 RX Fitness Julie+</p> <p>2:00 Parkinson's Class</p> <p>5:30 Cycling Patch*</p> <p>5:30 Yoga Kelly ^</p> <p>5:30 Total Body Conditioning Lee+</p>	<p>24</p> <p>5:30am Cardio Intervals Lauren+</p> <p>8:30 am RX Fitness Julie+ 35 mins</p> <p>8:30 YOGA Stacy^</p> <p>9:30 Cycling Lauren*</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>25</p> <p>8:30 Cycling Joanna*</p> <p>9:30 Total Body Conditioning Joanna+</p> <p>9:30 Yoga Judi^</p> <p>9:30 Level Up Kids Class- Court B-ages 7-12</p> <p>11:00 am Aqua Total Body Sue (pool)</p>
<p>26</p> <p>2:45-3:30 Vinyassa Yoga Kelly^</p> <p>2:45 Yoga Kelly^ (1 hour, 15 min)</p> <p>4:00-4:45 Zumba Joy+</p>	<p>27</p> <p>5:30am Powercut Lauren+</p> <p>7:00am Pilates Lee^</p> <p>8:30 am Rx Fitness Julie + 35 mins</p> <p>8:30 Yoga RebeccaG^</p> <p>9:30 Cycling Patch*</p> <p>9:30 RX Fitness Julie+</p> <p>10:30 Line Dance Deb+</p> <p>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+</p> <p>5:30 Yoga Judi^</p> <p>6:30 Zumba Toning Joy+</p> <p>6:30 Rhythm Ride Jordan*</p>	<p>28</p> <p>5:30 Cycling Johna*</p> <p>5:45-6:45am Yoga Stacy^</p> <p>8:30 RESTORE Carol</p> <p>9:30 Deep Stretch RebeccaG^</p> <p>10:30 Aqua Aerobics (pool) Sue</p> <p>10:30 Low aerobics Joanna+</p> <p>12:10-12:55 Yoga Stacy ^</p> <p>1:00 RX Fitness Julie+</p> <p>2:00 Parkinson's Class</p> <p>5:30 Cycling Patch*</p> <p>5:30 Step/sculpt Amy+</p> <p>5:30 Pilates Ginny^</p> <p>6:30 Total Body Conditioning Nancy+</p>	<p>29</p> <p>5:30am Kettlebell Johna+</p> <p>7:00am Yoga Lee^</p> <p>8:30 am RX Fitness Julie+ 35 mins</p> <p>8:30 Barre Combo Ginny ^</p> <p>9:30 Cycle Ginny*</p> <p>9:30 RX Fitness Julie+</p> <p>10:30 Chair Yoga RebeccaG+</p> <p>10:30Aqua Aerobics Sue (pool)</p> <p>12:10 Body blast Nancy+</p> <p>5:30 RESTORE Carol^</p> <p>5:30 Bootcamp Lauren+</p> <p>6:30 Zumba Joy+</p>	<p>30</p> <p>5:30 Cycling Lauren*</p> <p>5:45-6:45am Yoga Stacy^</p> <p>8:30 RESTORE Carol^</p> <p>9:30 Deep Stretch Suzette^</p> <p>10:30 Beginners Pilates Suzette^</p> <p>10:30 Aqua aerobics Sue (pool)</p> <p>10:30 Low Aerobics Joanna+</p> <p>12:10 Cycling Nancy*</p> <p>12:10 Pilates Suzette^</p> <p>1:00 RX Fitness Julie+</p> <p>2:00 Parkinson's Class</p> <p>5:30 Cycling Patch*</p> <p>5:30 Yoga Kelly ^</p> <p>5:30 Total Body Conditioning RebeccaB+</p>		<p>+ Group X Studio</p> <p>^ Mind Body Studio</p> <p>*Cycling room</p>