

FOUNDATION YMCA AUGUST GROUP EX CLASS SCHEDULE

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

Hours of Operation

Monday-Friday 5am-8pm
Saturday 7am-4pm
Sunday 11am-5pm

Child Watch Hours

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

Fitness Class Announcements

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

					1 5:30am Cardio Intervals Johna+ 8:30 YOGA Kelly^ 9:30 Cycling Rebecca B* 9:30 RX Fitness Deb+ 10:30 Line Dancing Deb^ 10:30 Aqua Stretch2o Sue (pool) 12:10-12:45 Body Blast Nancy+	2 8:30 Cycling Nancy* 9:30 Total Body Conditioning Nancy+ 9:30- Yoga Judi^ (1 hour, 15 min) 9:30 Level Up Kids Class- Court B-ages 7-12 11:00 NO Aqua Dance(pool)
3 2:45 Yoga lee^ (1 hour, 15 min) 4:00-4:45 Zumba Joy	4 5:30am Powercut Lauren+ 8:30 Yoga RebeccaG^ 9:30 Cycling Patch* 9:30 RX Fitness Deb+ 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 Sarah^ 5:30 Cardio/strength intervals RebeccaB+ 5:30 Yoga Judi^ 6:30 Zumba Toning Joy+ 6:30 Cycling Nancy*	5 5:30 Cycling Johna* 5:45-6:45am Yoga Stacy^ 8:30 RESTORE Carol 9:30 Deep Stretch RebeccaG^ 10:30 Aqua Aerobics (pool) Sue 10:30 Low aerobics Julie+ 12:10-12:55 Yoga Stacy ^ 1:00 RX Fitness Julie+ 5:30 Cycling Patch* 5:30 Step/sculpt Amy+ 5:30 Barre Combo Ginny^ 6:30 Total Body Conditioning Nancy+ 6:30 NO Aqua dance (pool)	6 5:30am Kettlebell Johna+ 8:30 Barre Combo Lee^ 9:30 Cycle Patch* 9:30 RX Fitness Julie+ 10:30 Chair Yoga RebeccaG+ 10:30Aqua Sue(pool) 12:10 Body blast Nancy+ 5:30 RESTORE Carol 5:30 Bootcamp Lauren+ 6:30 Zumba Joy+	7 5:30 Cycling Lauren* 5:45 Yoga Stacy^ 8:30 RESTORE Carol^ 9:30 Deep Stretch Rebecca G^ 10:30 Aqua aerobics Sue(pool) 10:30 Low Aerobics Julie+ 12:10 Cycling Nancy* 12:10 Pilates Sarah^ 1:00 RX Fitness Julie+ 5:30 Cycling Patch* 5:30 Yin Yoga Kelly^ 5:30 Total Body Rebecca B+ 6:30 Aqua Dance Toshia (pool)	8 5:30am Cardio Intervals Johna+ 8:30 YOGA Stacy^ 9:30 Cycling RebeccaB* 9:30 RX Fitness Julie+ 10:30 Line Dancing Deb^ 10:30 Aqua Stretch2o Sue (pool) 12:10-12:45 Body Blast Nancy+	9 8:30 Cycling RebeccaB* 9:30 Total Body Conditioning RebeccaB+ 9:30- Yoga Judi^ (1 hour, 15 min) 9:30 Level Up Kids Class- Court B-ages 7-12 11:00 Aqua Dance Toshia (pool)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 2:45 Yoga Judi^ (1 hour, 15 min) 4:00-4:45 Zumba Joy+	11 5:30am Powercut Lauren+ 8:30 Yoga RebeccaG^ 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 Sophie^ 5:30 Cardio/strength intervals Rebeccab+ 5:30 Yoga Judi^ 6:30 Zumba Toning Joy+ 6:30 Cycling Nancy*	12 5:30 Cycling Johna* 5:45-6:45am Yoga Stacy^ 8:30 RESTORE Carol 9:30 Deep Stretch RebeccaG^ 10:30 Aqua Aerobics (pool) Sue 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 Toshia(pool)	13 5:30am Kettlebell Johna+ 8:30 Barre Combo Ginny^ 9:30 Cycle Ginny* 9:30 RX Fitness Julie+ 10:30 Chair Yoga RebeccaG+ 10:30Aqua aerobics Sue(pool) 12:10 Body blast Nancy+ 5:30 RESTORE Carol 5:30 Bootcamp Lauren+ 6:30 Zumba Joy+	14 5:30 Cycling Lauren* 5:45-6:45am Yoga Stacy^ 8:30 RESTORE Carol 9:30 Deep Stretch Suzette^ 10:30 Beginners Pilates Suzette^ 10:30 Aqua aerobics (pool) Sue 10:30 Low Aerobics Kim+ 12:10 Cycling Nancy* 12:10 Pilates Sophie^ 1:00 RX Fitness Julie+ 5:30 Cycling Patch* 5:30 Yoga kelly^ 5:30 Total Body Conditioning RebeccaB+ 6:30 Aqua Dance Toshia (pool)	15 5:30am cardio intervals Johna+ 8:30 Yoga Stacy^ 9:30 Cycling Rebeccab* 9:30 RX Fitness Julie+ 10:30 Aqua Stretch2o Sue (pool) 10:30 Line Dancing Deb+ 12:10-12:45 Body Blast Nancy+	16 8:30 Cycling Nancy* 9:30 Total Body Conditioning Nancy+ 9:30 Yoga Lee^ 9:30 Level Up Kids Class- Court B-ages 7-12 11:00 Aqua aerobics Toshia (pool)
17 2:45 Yoga Judi^ (1 hour, 15 min) 4:00-4:45 Zumba Joy+	18 5:30am Powercut Lauren+ 8:30 Yoga RebeccaG^ 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 Zumba toning Joy+ 6:30 Cycling Nancy*	19 5:30 Cycling Johna* 5:45-6:45am Yoga Stacy^ 8:30 RESTORE Carol 9:30 Deep Stretch RebeccaG^ 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 Toshia (pool)	20 5:30am Kettlebell Johna+ 8:30 Barre Combo Ginny^ 9:30 Cycle Ginny* 9:30 RX Fitness Julie+ 10:30 Chair Yoga Rebecca G+ 10:30Aqua aerobics Betsy (pool) 12:10 Body blast Nancy+ 5:30 RESTORE Carol^ 5:30 Bootcamp Tom+ 6:30 Zumba Joy+	21 5:30 Cycling Lauren* 5:45-6:45am Yoga Stacy^ 8:30 RESTORE Carol^ 9:30 Deep Stretch Suzette^ 10:30 Beginners Pilates Suzette^ 10:30 Aqua aerobics (pool) Betsy 10:30 Low Aerobics Kim+ 12:10 Cycling Nancy* 12:10 Pilates Sophie^ 1:00 RX Fitness Julie+ 5:30 Cycling Patch* 5:30 Yoga kelly^ 5:30 Total Body Conditioning RebeccaB+ 6:30 Aqua Dance Toshia (pool)	22 5:30am Cardio Intervals Johna+ 8:30 Yoga Stacy^ 9:30 Cycling RebeccaB* 9:30 RX Fitness Julie+ 10:30 Line Dancing Deb+ 10:30 Aqua Stretch2o Sue (pool) 12:10-12:45 Body Blast Nancy+	23 8:30 Cycling Lauren* 9:30 Total Body Conditioning Lauren+ 9:30 Yoga Asia^ 9:30 Level Up Kids Class- Court B-ages 7-12 11:00 Aqua Dance Toshia (pool)
24 2:45 Yoga Judi^ (1 hour, 15 min) 4:00-4:45 Zumba Joy + August 31 NO CLASSES	25 5:30am Powercut Lauren+ 8:30 Yoga RebeccaG^ 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 Sophie^ 5:30 Cardio/strength intervals RebeccaB+ 5:30 Yoga Judi^ 6:30 Zumba toning Joy+ 6:30 Cycling Nancy*	26 5:30 Cycling Johna* 5:45-6:45am Yoga Stacy^ 8:30 RESTORE Carol^ 9:30 Deep Stretch RebeccaG^ 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 Toshia (pool)	27 5:30am Kettlebell Johna+ 8:30 NO Barre Combo 9:30 Cycle Patch* 9:30 RX Fitness Julie+ 10:30 Chair Yoga Rebecca G+ 10:30Aqua aerobics Betsy (pool) 12:10 Body blast Nancy+ 5:30 RESTORE Carol^ 5:30 Bootcamp Tom+ 6:30 Zumba Joy+	28 5:30 Cycling Lauren* 5:45-6:45am Yoga Stacy^ 8:30 RESTORE Carol^ 9:30 Deep Stretch Suzette^ 10:30 Beginners Pilates Suzette^ 10:30 Aqua aerobics (pool) Betsy 10:30 Low Aerobics Kim+ 12:10 Cycling Nancy* 12:10 Pilates Sophie^ 1:00 RX Fitness Julie+ 5:30 Cycling Patch* 5:30 Yoga kelly^ 5:30 Total Body Conditioning RebeccaB+ 6:30 NO Aqua Dance (pool)	29 5:30am Cardio Intervals Johna+ 8:30 Yoga RebeccaG^ 9:30 Cycling Johna* 9:30 RX Fitness Julie+ 10:30 Line Dancing Deb+ 10:30 Aqua Stretch2o Sue (pool) 12:10-12:45 Body Blast Lauren+	30 NO CLASSES