

# FOUNDATION YMCA AUGUST 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                                                                                                                                                                                                                                                                                             |
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| <b>Monday-Thurs</b> 5am-9pm<br><b>Friday</b> 5am-8pm<br><b>Saturday</b> 7am-4pm<br><b>Sunday</b> 11am-5pm | <b>Monday-Thursday</b> 8:15 am-1 pm<br>5:00 pm-7:30 pm<br><b>Friday</b> 8:15 am-1 pm<br><b>Saturday</b> 8:00 am-11 am<br><b>Sunday</b> 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!<br> IPHONE<br> ANDROID |

| SUNDAY                                                                       | MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                       | WEDNESDAY                                                                                                                                                                                                                                                                                                                                             | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | FRIDAY                                                                                                                                                                                                                                                                         | SATURDAY                                                                                                                                                                                                              |
|------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| + Group X Studio<br><br>^ Mind Body Studio<br><br>*Cycling room              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                | <b>1</b><br><b>8:30 Cycling Lauren*</b><br>9:30 Total Body Conditioning Lauren+<br><b>9:30- Yoga Judi^ (1 hour, 15 min)</b><br>9:30 Level Up Kids Class- Court B-ages 7-12<br>11:00 am Aqua Total Body (pool) Sue     |
| <b>2</b><br><b>2:45 Yoga Judi^ ( 1 hour, 15 min)</b><br>4:00-4:45 Zumba Joy+ | <b>3</b><br><b>5:30am Powercut Lauren+</b><br>7:00am Pilates Lee^<br><b>8:30 am Rx Fitness Julie + 35 min</b><br>8:30 Yoga RebeccaG^<br><b>9:30 Cycling Patch*</b><br>9:30 RX Fitness Julie+<br><b>10:30 Line Dance Deb+</b><br>10:30 Aqua Stretch2o Sue(pool)<br><b>12:10-12:45 Body Blast Nancy+ (35 min)</b><br>12:10-1:00 Pilates RebeccaB^<br><b>5:30 Cardio/strength intervals RebeccaB+</b><br>5:30 Yoga Judi^<br><b>6:30 Zumba Toning Joy+</b><br>6:30 Rhythm Ride Jordan* | <b>4</b><br><b>5:30 Cycling Johna *</b><br>5:45-6:45am Yoga Stacy^<br><b>8:30 RESTORE Carol ^</b><br>9:30 Deep Stretch RebeccaG^<br><b>10:30 Aqua Aerobics (pool) Sue</b><br>10:30 Low aerobics Julie+<br><b>12:10-12:55 Yoga Stacy^</b><br>1:00 RX Fitness Julie+<br><b>2:00 Parkinson's Class</b><br>5:30 Cycling Patch*<br><b>5:30 Step/sculpt Amy+</b><br>5:30 Pilates Lee^<br><b>6:30 Total Body Conditioning Nancy+</b> | <b>5</b><br><b>5:30am Kettlebell Johna+</b><br>8:30 am RX Fitness Julie+ 35 mins<br><b>8:30 Barre Combo RebeccaB^</b><br>9:30 Cycle Patch*<br><b>9:30 RX Fitness Julie+</b><br>10:30 Chair Yoga RebeccaG+<br><b>10:30 Aqua SUE (pool)</b><br>12:10 Body blast Nancy+<br><b>5:30 RESTORE Carol^</b><br>5:30 Bootcamp Lauren+<br><b>6:30 Zumba joy+</b> | <b>6</b><br><b>5:30 Cycling Lauren*</b><br>5:45-6:45am Yoga Stacy^<br><b>8:30 RESTORE Carol^</b><br>9:30 Deep Stretch RebeccaG^<br><b>10:30 Core Strength RebeccaG ^</b><br>10:30 Aqua aerobics (pool) Sue<br><b>10:30 Low Aerobics Julie+</b><br>12:10 Cycling Nancy*<br><b>12:10 Pilates RebeccaB^</b><br>1:00 RX Fitness Julie+<br><b>2:00 Parkinson's Class</b><br>5:30 Cycling Patch*<br><b>5:30 Yin Yoga Kelly^</b><br>5:30 Total Body Conditioning RebeccaB+<br><b>6:30pm Xtreme Hip Hop Step Michelle+</b> | <b>7</b><br><b>5:30am Cardio Intervals Johna+</b><br>8:30 am 35 Min RX Fitness Julie+<br><b>8:30 YOGA Stacy^</b><br>9:30 Cycling Nancy*<br><b>9:30 RX Fitness Julie+</b><br>10:30 Line Dancing Deb^<br><b>10:30 Aqua Stretch2o Sue (pool)</b><br>12:10-12:45 Body Blast Nancy+ | <b>8</b><br><b>8:30 Cycling RebeccaB*</b><br>9:30 Total Body Conditioning RebeccaB+<br><b>9:30- Yoga Judi^ (1 hour, 15 min)</b><br>9:30 Level Up Kids Class- Court B-ages 7-12<br>11:00 am Aqua Total Body (pool) Sue |

| SUNDAY                                                                                                                                                                   | MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                  | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | FRIDAY                                                                                                                                                                                                                                                                                                              | SATURDAY                                                                                                                                                                                                                                                                                                                            |
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| <p>9</p> <p><b>2:45 Yoga Amy^ ( 1 hour, 15 min)</b></p> <p>4:00-4:45 Zumba Joy+</p>                                                                                      | <p>10</p> <p><b>5:30am Powercut Lauren+</b></p> <p>7:00am Pilates Lee^</p> <p><b>8:30 am Rx Fitness Julie + 35 mins</b></p> <p>8:30 Yoga RebeccaG^</p> <p><b>9:30 Cycling Patch*</b></p> <p>9:30 RX Fitness Julie+</p> <p><b>10:30 Line Dance Deb+</b></p> <p>10:30 Aqua Stretch2o Sue(pool)</p> <p><b>12:10-12:45 Body Blast Nancy+ (35 min)</b></p> <p>12:10-1:00 Pilates Suzette^</p> <p><b>5:30 Cardio/strength intervals RebeccaB+</b></p> <p>5:30 Yoga Judi^</p> <p><b>6:30 Zumba Toning Joy+</b></p> <p>6:30 Rhythm Ride Jordan*</p>              | <p>11</p> <p><b>5:30 Cycling Johna*</b></p> <p>5:45-6:45am Yoga Stacy^</p> <p><b>8:30 RESTORE Carol</b></p> <p>9:30 Deep Stretch RebeccaG^</p> <p><b>10:30 Aqua Aerobics (pool) Sue</b></p> <p>10:30 Low aerobics Joanna+</p> <p><b>12:10-12:55 Yoga Stacy ^</b></p> <p>1:00 RX Fitness Julie+</p> <p><b>2:00 Parkinson’s Class</b></p> <p>5:30 Cycling Patch*</p> <p><b>5:30 Step/sculpt Amy+</b></p> <p>5:30 Pilates Suzette ^</p> <p><b>6:30 Total Body Conditioning Nancy+</b></p> | <p>12</p> <p><b>5:30am Kettlebell Johna+</b></p> <p>8:30 am RX Fitness Julie+ 35 mins</p> <p><b>8:30 Barre Combo RebeccaB^</b></p> <p>9:30 Cycle Joanna*</p> <p><b>9:30 RX Fitness Julie+</b></p> <p>10:30 Chair Yoga RebeccaG+</p> <p><b>10:30 Aqua (pool)</b></p> <p>12:10 Body blast Nancy+</p> <p><b>5:30 RESTORE Carol^</b></p> <p>5:30 Bootcamp Lauren+</p> <p><b>6:30 Zumba joy+</b></p>            | <p>13</p> <p><b>5:30 Cycling Lauren*</b></p> <p>5:45-6:45am Yoga Stacy^</p> <p><b>8:30 RESTORE Carol^</b></p> <p>9:30 Deep Stretch Suzette^</p> <p><b>10:30 Beginners Pilates Suzette(45Min)^</b></p> <p>10:30 Aqua aerobics Sue(pool)</p> <p><b>10:30 Low Aerobics Joanna+</b></p> <p>12:10 Cycling Nancy*</p> <p><b>12:10 Pilates Suzette^</b></p> <p>1:00 RX Fitness Julie+</p> <p><b>2:00 Parkinson’s Class</b></p> <p>5:30 Cycling Patch*</p> <p><b>5:30 Yoga Kelly^</b></p> <p>5:30 Total Body Conditioning Rebecca+</p> <p><b>6:30pm Xtreme Hip Hop Step Michelle+</b></p> | <p>14</p> <p><b>5:30am Cardio Intervals Johna+</b></p> <p>8:30 am RX Fitness Julie+ 35 mins</p> <p><b>8:30 YOGA Stacy^</b></p> <p>9:30 Cycling Johna *</p> <p><b>9:30 RX Fitness Julie+</b></p> <p>10:30 Line Dancing Deb^</p> <p><b>10:30 Aqua Stretch2o Sue (pool)</b></p> <p>12:10-12:45 Body Blast Nancy+</p>   | <p>15</p> <p><b>8:30 Cycling *</b></p> <p>9:30 Total Body Conditioning RebeccaB+</p> <p><b>9:30 Yoga Judi^</b></p> <p>9:30 Level Up Kids Class- Court B-ages 7-12</p> <p>11:00am Aqua total body Sue (pool)</p>                                                                                                                     |
| <p>16</p> <p><b>2:45 Yoga Amy^ ( 1 hour, 15 min)</b></p> <p>4:00-4:45 Zumba Joy+</p>                                                                                     | <p>17</p> <p><b>5:30am Powercut Lauren+</b></p> <p>7:00am Pilates Lee^</p> <p><b>8:30 am Rx Fitness Julie + 35 mins</b></p> <p>8:30 Yoga RebeccaG^</p> <p><b>9:30 Cycling Patch*</b></p> <p>9:30 RX Fitness Julie+</p> <p><b>10:30 Line Dance Deb+</b></p> <p>10:30 Aqua Stretch2o Sue(pool)</p> <p><b>12:10-12:45 Body Blast Nancy+ (35 min)</b></p> <p>12:10-1:00 Pilates Suzette^</p> <p><b>5:30 Cardio/strength intervals RebeccaB+</b></p> <p>5:30 Yoga RebccaG^</p> <p><b>6:30 Zumba Toning Joy+</b></p> <p>6:30 Rhythm Ride Jordan*</p>           | <p>18</p> <p><b>5:30 Cycling Johna*</b></p> <p>5:45-6:45am Yoga Stacy^</p> <p><b>8:30 RESTORE Carol^</b></p> <p>9:30 Deep Stretch RebeccaG^</p> <p><b>10:30 Aqua Aerobics Sue (pool)</b></p> <p>10:30 Low aerobics Joanna+</p> <p><b>12:10-12:55 Yoga Stacy^</b></p> <p>1:00 RX Fitness Julie+</p> <p><b>2:00 Parkinson’s Class</b></p> <p>5:30 Cycling Patch*</p> <p><b>5:30 Step/sculpt RebeccaB+</b></p> <p>5:30 Pilates Lee^</p> <p><b>6:30 Total Body Conditioning Nancy+</b></p> | <p>19</p> <p><b>CLOSED</b></p> <p><b>Annual Facility Cleaning</b></p>                                                                                                                                                                                                                                                                                                                                      | <p>20</p> <p><b>CLOSED</b></p> <p><b>Annual Facility Cleaning</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <p>21</p> <p><b>CLOSED</b></p> <p><b>Annual Facility Cleaning</b></p>                                                                                                                                                                                                                                               | <p>22</p> <p><b>8:30 Cycling Nancy*</b></p> <p>9:30 Total Body Conditioning Nancy+</p> <p><b>9:30 Yoga Lee ^</b></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>23</p> <p><b>2:45-4 Yoga Mary^</b></p> <p><b>4:00-4:45 Zumba Joy +</b></p> <p><br/></p> <p>30</p> <p><b>2:45-4 Yoga Judi^</b></p> <p><b>4:00-4:45 Zumba Joy +</b></p> | <p>24</p> <p><b>5:30am Powercut Lauren+ (8/31 Johna)</b></p> <p>7:00am Pilates Lee^</p> <p><b>8:30 am Rx Fitness Julie + 35 mins</b></p> <p>8:30 Yoga RebeccaG^</p> <p><b>9:30 Cycling Patch*</b></p> <p>9:30 RX Fitness Julie+</p> <p><b>10:30 Line Dance Deb+</b></p> <p>10:30 Aqua Stretch2o Sue(pool)</p> <p><b>12:10-12:45 Body Blast Nancy+ (35 min)</b></p> <p>12:10-1:00 Pilates Suzette^</p> <p><b>5:30 Cardio/strength intervals RebeccaB+</b></p> <p>5:30 Yoga Judi^</p> <p><b>6:30 Zumba Toning Joy+</b></p> <p>6:30 Rhythm Ride Jordan*</p> | <p>25</p> <p><b>5:30 Cycling Johna*</b></p> <p>5:45-6:45am Yoga Stacy^</p> <p><b>8:30 RESTORE Carol</b></p> <p>9:30 Deep Stretch RebeccaG^</p> <p><b>10:30 Aqua Aerobics (pool) Sue</b></p> <p>10:30 Low aerobics Joanna+</p> <p><b>12:10-12:55 Yoga Stacy^</b></p> <p>1:00 RX Fitness Julie+</p> <p><b>2:00 Parkinson’s Class</b></p> <p>5:30 Cycling Patch*</p> <p><b>5:30 Step/sculpt Amy+</b></p> <p>5:30 Pilates Lee ^</p> <p><b>6:30 Total Body Conditioning Nancy+</b></p>      | <p>26</p> <p><b>5:30am Kettlebell Johna+</b></p> <p>8:30 am RX Fitness Julie+ 35 mins</p> <p><b>8:30 Barre Combo RebeccaB^</b></p> <p>9:30 Cycle Patch*</p> <p><b>9:30 RX Fitness Julie+</b></p> <p>10:30 Chair Yoga RebeccaG+</p> <p><b>10:30 Aqua Aerobics Sue(pool)</b></p> <p>12:10 Body blast Nancy+</p> <p><b>5:30 RESTORE Carol^</b></p> <p>5:30 Bootcamp Lauren+</p> <p><b>6:30 Zumba joy+</b></p> | <p>27</p> <p><b>5:30 Cycling Lauren*</b></p> <p>5:45-6:45am Yoga Stacy^</p> <p><b>8:30 RESTORE Carol^</b></p> <p>9:30 Deep Stretch Suzette^</p> <p><b>10:30 Beginners Pilates suzette^</b></p> <p>10:30 Aqua aerobics Sue (pool)</p> <p><b>10:30 Low Aerobics Joanna+</b></p> <p>12:10 Cycling Nancy*</p> <p><b>12:10 Pilates Suzette^</b></p> <p>1:00 RX Fitness Julie+</p> <p><b>2:00 Parkinson’s Class</b></p> <p>5:30 Cycling Patch*</p> <p><b>5:30 Yoga Kelly^</b></p> <p>5:30 Total Body Conditioning RebeccaB+</p> <p><b>6:30pm Xtreme Hip Hop Step Michelle+</b></p>      | <p>28</p> <p><b>5:30am Cardio Intervals Johna+</b></p> <p>8:30 am RX Fitness Julie+ 35 mins</p> <p><b>8:30 YOGA Stacy^</b></p> <p>9:30 Cycling RebeccaB*</p> <p><b>9:30 RX Fitness Julie+</b></p> <p>10:30 Line Dancing Deb^</p> <p><b>10:30 Aqua Stretch2o Sue (pool)</b></p> <p>12:10-12:45 Body Blast Nancy+</p> | <p>29</p> <p><b>8:30 Cycling Joanna*</b></p> <p>9:30 Total Body Conditioning Joanna+</p> <p><b>9:30 Yoga Kelly^</b></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><br/></p> <p>+ Group X Studio</p> <p><br/></p> <p>^ Mind Body Studio</p> <p><br/></p> <p>*Cycling room</p> |