



AUGUST GROUP EX CLASS SCHEDULE

Foundation YMCA

233 Nash Street N Wilson, NC 27893 • 252.291.9622 • Foundationymca.org

<h3>Hours of Operation</h3> <p>Monday-Friday 5am-8pm Saturday 7am-4pm Sunday 11am-5pm</p>	<h3>Child Watch Hours</h3> <p>Monday-Thursday 9am-1pm 5:00 pm-7:30pm Friday 9am-1pm Saturday 8:30am-11am Sunday CLOSED</p>	<h3>Fitness Class Announcements</h3> <p>WE HAVE A NEW APP! Please download the Y APP to stay informed on class cancellations and changes; Scan QR Code to get app!</p> <div style="display: flex; justify-content: space-around;">   </div> <p style="text-align: center;">IPHONE ANDROID</p>
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>All classes are 50 minutes unless otherwise stated</p> <p>Group x Studio + mind/body room ^ Cycling Studio*</p>				<p>1</p> <p>5:30 Cycling Johna * 5:45 Yoga Mary^ 8:30 RESTORE Carol^ 9:30 Deep Stretch Suzette^ 10:30 Beginners Pilates Suzette^ 10:30 Aqua Betsy (pool) 10:30 Low Aerobics KimP+ 12:10 Cycling Nancy* 12:10 Pilates Suzette^ 1:00 RX Fitness Julie+ 5:30 Cycling Patch* 5:30 Yin Yoga Kelly^ 6:30 Total Body RebeccaB+ 6:30 Aqua Dance Marisol (pool)</p>		<p>2</p> <p>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^</p>	<p>3</p> <p>8:30 Cycling Johna* 9:30 Total Body Conditioning Nancy+ 9:30- Yoga Kelly^ (1 hour, 15 min) 11:00 Aqua Dance Marisol (pool)</p>
<p>4</p> <p>2:45 Yoga Judi ^ (1 hour, 15 min) 4:00-4:45 Zumba Joy+</p>	<p>5</p> <p>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+ 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 Amy+ 5:30 Yoga Judi^ 6:30 Zumba Toning Joy+</p>	<p>6</p> <p>5:30 Cycling Johna* 5:45-6:45am Yoga Mary^ 8:30 NO CLASS RESTORE Carol^ 9:30 Deep Stretch RebeccaG^ 10:30 Aqua Aerobics (pool) Betsy 10:30 Low aerobics KimP+ 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</p>	<p>7</p> <p>5:30am Kettlebell Johna+ 8:30 Barre Combo Ginny^ 9:30 Cycling Ginny* 9:30 RX Fitness Julie+ 10:30 Chair Yoga RebeccaG+ 10:30Aqua Betsy (pool) 12:10 Body blast Nancy+ 5:30 NO CLASS RESTORE Carol^ 5:30 Bootcamp Tom+ 6:30 Zumba Marisol+</p>	<p>8</p> <p>5:30 Cycling Johna * 5:45 Yoga Mary^ 8:30 NO CLASS RESTORE Carol^ 9:30 Deep Stretch Suzette^ 10:30 Beginners Pilates^ 10:30 Aqua Betsy 10:30 Low Aerobics KimP+ 12:10 Cycling Nancy* 12:10 Pilates Suzette+ 1:00 RX Fitness Julie+ 5:30 Cycling Patch* 5:30 Yoga Kelly^ 6:30 Total Body RebeccaB+ 6:30 Aqua Dance Marisol (pool)</p>	<p>9</p> <p>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+</p>	<p>10</p> <p>8:30 Cycling RebeccaB* 9:30 Total Body Conditioning RebeccaB+ 9:30 Yoga Kelly^ (1 hour, 15 min) 11:00 Aqua Dance Marisol (pool)</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11 2:45 Yoga Kelly^ (1 hour, 15 min) 4:00-4:45 Zumba-Joy+</p>	<p>12 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+ 10:30 Aqua Stretch2o Sue (pool) 12:10-12:45 Body Blast Nancy+ (35 min) 12:10-1:00 Pilates Suzette/RebeccaB 5:30 Cardio/strength intervals RebeccaB+ 5:30 Yoga Judi^ 6:30 Zumba Toning Joy+</p>	<p>13 5:30 Cycling Johna* 5:45-6:45am Yoga Mary^ 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(pool) Marisol</p>	<p>14 5:30am Kettlebell Johna+ 8:30 Barre Combo Ginny^ 9:30 Cycling Ginny* 9:30 RX Fitness Deb+ 10:30 Chair Yoga RebeccaG+ 10:30Aqua TotalBody Sue (pool) 12:10 Body blast Nancy+ 5:30 RESTORE Carol^ 5:30 Bootcamp Tom+ 6:30 Zumba Joy+</p>	<p>15 5:30 Cycling Johna* 5:45-6:45am Yoga Mary^ 8:30 RESTORE Carol^ 9:30 Deep Stretch Suzette^ 10:30 Aqua Total body (pool) Sue 10:30 Low Aerobics Kim+ 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 Yoga Kelly^ 6:30 Total Body Conditioning RebeccaB+ 6:30 Aqua Dance Marisol (pool)</p>	<p>16 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 Johna+</p>	<p>17 8:30 Cycling Patch* 9:30 Total Body Conditioning Amy+ 9:30 Yoga Judi^ 11:00 Aqua dance Marisol (pool)</p>
<p>18 2:45 Yoga Judi ^ (1 hour, 15 min) 4:00-4:45 Zumba-Marisol+</p>	<p>19 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+ 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+</p>	<p>20 5:30 Cycling RebeccaB* 5:45-6:45am Yoga Mary^ 8:30 RESTORE Carol^ 9:30 Deep Stretch RebeccaG^ 10:30 Low aerobics/tone KimP+ 10:30 Aqua aerobics Betsy (pool) 12:10-12:55 Yoga Stacy^ 1:00 RX Fitness Julie+ 5:30 Cycling Patch* 5:30 Step/sculpt Amy+ 5:30 Pilates Suzette^ 6:30 Total Body Conditioning Nancy+ 6:30 Aqua Dance Marisol (pool)</p>	<p>21 5:30am NO CLASS Kettlebell JohnaK+ 8:30 Barre Combo RebeccaB^ 9:30 Cycling RebeccaB* 9:30 RX Fitness Julie+ 10:30 Chair Yoga RebeccaG+ 10:30 Aqua aerobics Betsy (pool) 12:10 Body blast Nancy + 5:30 RESTORE Carol^ 5:30 Bootcamp Tom+ 6:30 Zumba Joy+</p>	<p>22 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 Low Aerobics Kim+ 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 Yoga Kelly^ 6:30 Total Body Conditioning RebeccaB+ 6:30 Aqua Dance Marisol</p>	<p>23 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+</p>	<p>24 8:30 Cycling Nancy* 9:30 Total Body Conditioning Nancy+ 9:30 Yoga RebeccaG^ 11:00 Aqua Dance Marisol (pool)</p>
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