




# FOUNDATION YMCA JANUARY GROUP EX CLASS SCHEDULE

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

<b>Hours of Operation</b>	<b>Child Watch Hours</b>	<b>Fitness Class Announcements</b>
Monday-Friday 5am-8pm Saturday 7am-4pm Sunday 11am-5pm	Monday-Thursday 9am-1pm 5:00 pm-7:30pm Friday 9am-1pm Saturday 8:00am-11am 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>1</p> <p><b>CLOSED</b></p> 	<p>2</p> <p>5:30 Cycling Johna* 5:45 Yoga Stacy^ 8:30 RESTORE Carol^ 9:30 Deep Stretch RebeccaG^ 10:30 NO Beginners Pilates^ 10:30 Aqua aerobics Sue (pool) 10:30 Low Aerobics KimP+ 12:10 Cycling Nancy* 12:10 Pilates Stacy^ 1:00 RX Fitness Kim+ 5:30 Cycling Patch* 5:30 Yoga RebeccaG^ 5:30 Total Body RebeccaB+ 6:30 Aqua Dance Marisol (Pool)</p>	<p>3</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 RebeccaB+</p>	<p>4</p> <p>8:30 Cycling RebeccaB* 9:30 Total Body Conditioning RebeccaB+ 9:30- Yoga Kelly^ (1 hour, 15 min) 9:30 Level Up Kids Class-Court B-ages 7-12 11:00 Aqua Dance Marisol (pool)</p>
<p>5</p> <p>2:45 Yoga Judi^ (1 hour, 15 min) 4:00-4:45 Zumba Joy +</p>	<p>6</p> <p>5:30am Powercut Johna+ 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 Ginny^ 5:30 Cardio/strength intervals RebeccaB+ 5:30 Yoga Judi^ 6:30 Zumba Toning Joy+ 6:30 Cycling Nancy*</p>	<p>7</p> <p>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 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 Marisol (pool)</p>	<p>8</p> <p>5:30am Kettlebell Johna+ 8:30 Barre Combo RebeccaB^ 9:30 Cycle RebeccaB* 9:30 RX Fitness Julie+ 10:30 Chair Yoga. RebeccaG+ 10:30Aqua Betsy (pool) 12:10- 12:45 Body blast Nancy+ (35 mins) 5:30 RESTORE Carol^ 5:30 Bootcamp Tom+ 6:30 Zumba Joy+</p>	<p>9</p> <p>5:30 Cycling Johna* 5:45 Yoga Stacy^ 8:30 RESTORE Carol^ 9:30 Deep Stretch RebeccaG^ 10:30 NO Beginners Pilates^ 10:30 Aqua aerobics Betsy (pool) 10:30 Low Aerobics KimP+ 12:10 Cycling Nancy* 12:10 Pilates Stacy+ 1:00 RX Fitness Julie+ 5:30 Cycling Patch* 5:30 Yin Yoga Kelly^ 5:30 Total Body RebeccaB+ 6:30 Aqua Dance Marisol (pool)</p>	<p>10</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^ (35 Mins)</p>	<p>11</p> <p>8:30 Cycling Ginny* 9:30 Total Body Conditioning Ginny + 9:30 Yoga Judi^ (1 hour, 15 min) 9:30 Level Up Kids Class-Court B-ages 7-12 11:00 Aqua Dance Marisol (pool)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12 <b>2:45 Yoga Judi^</b> <b>( 1 hour, 15 min)</b> 4:00-4:45 Zumba-Joy+	13 <b>5:30am Powercut Johna+</b> 8:30 Yoga RebeccaG^ <b>9:30 Cycling Patch*</b> 9:30 RX Fitness Julie+ <b>10:30 Line Dance Deb+</b> 10:30 Aqua Stretch2o Sue (pool) <b>12:10-12:45 Body Blast Nancy + (35 min)</b> 12:10-1:00 Pilates Suzette^ <b>5:30 Cardio/strength intervals RebeccaB+</b> 5:30 Yoga Judi^ <b>6:30 Zumba Toning Joy+</b> 6:30 Cycling Nancy*	14 <b>5:30 Cycling Johna*</b> 5:45-6:45am Yoga Mary^ <b>8:30 RESTORE Carol^</b> 9:30 Deep Stretch RebeccaG^ <b>10:30 Aqua Aerobics Betsy (pool)</b> 10:30 Low aerobics/tone Kim+ <b>12:10-12:55 Yoga Stacy ^</b> 1:00 RX Fitness Julie+ <b>5:30 Cycling Patch*</b> 5:30 Step/sculpt Amy+ <b>5:30 Pilates Ginny^</b> 6:30 Total Body Conditioning Nancy+ <b>6:30 Aqua dance Marisol (pool)</b>	15 <b>5:30am Kettlebell Johna+</b> 8:30 Barre Combo Ginny^ <b>9:30 Cycle Ginny*</b> 9:30 RX Fitness Julie+ <b>10:30 Chair Yoga RebeccaG+</b> 10:30Aqua aerobics Betsy (pool) <b>12:10-12:45 Body blast Nancy+ (35 mins)</b> 5:30 RESTORE Carol^ <b>5:30 Bootcamp Tom+</b> 6:30 Zumba Joy+	16 <b>5:30 cycling Johna*</b> 5:45-6:45am Yoga Stacy^ <b>8:30 RESTORE Carol^</b> 9:30 Deep Stretch Suzette^ <b>10:30 Aqua aerobics Betsy (pool)</b> 10:30 Low Aerobics Julie+ <b>10:30 Beginners Pilates (30 min) Suzette^</b> 12:10 Cycling Nancy* <b>12:10 Pilates Suzette^</b> 1:00 RX Fitness Julie+ <b>5:30 Cycling Patch*</b> 5:30 Yoga Judi^ <b>5:30 Total Body Conditioning RebeccaB+</b> 6:30 Aqua Dance Marisol (pool)	17 <b>5:30am cardio intervals Johna+</b> 8:30 Yoga Stacy^ <b>9:30 Cycling RebeccaB*</b> 9:30 RX Fitness Julie+ <b>10:30 Aqua Stretch2o Sue (pool)</b> 10:30 Line Dancing Deb+ <b>12:10-12:45 Body Blast Nancy+ (35 mins)</b>	18 <b>8:30 Cycling Nancy*</b> 9:30 Total Body Conditioning Nancy+ <b>9:30 Yoga Kelly^</b> 9:30 Level Up Kids Class- Court B-ages 7-12 <b>11:00 Aqua aerobics Marisol (pool)</b>
19 <b>2:45 Yoga Judi ^</b> <b>( 1 hour, 15 min)</b> 4:00-4:45 Zumba-Joy+	20 <b>5:30am Powercut Johna+</b> 8:30 Yoga RebeccaG^ <b>9:30 Cycling Patch*</b> 9:30 RX Fitness Julie+ <b>10:30 Line Dance Deb+</b> 10:30 Aqua Stretch2o Sue (pool) <b>12:10-12:45 Body Blast Nancy+ (35 min)</b> 12:10-1:00 Pilates Suzette^ <b>5:30 Cardio/strength intervals RebeccaB+</b> 5:30 Yoga Judi^ <b>6:30 Zumba toning Joy+</b> 6:30 Cycling Nancy*	21 <b>5:30 Cycling Johna*</b> 5:45-6:45am Yoga Mary^ 8:30 RESTORE Carol^ <b>9:30 Deep Stretch RebeccaG^</b> 10:30 Aqua Aerobics Betsy (pool) <b>10:30 Low aerobics/tone Kim+</b> 12:10-12:55 Yoga Stacy^ <b>1:00 RX Fitness Julie+</b> 5:30 Cycling Patch* <b>5:30 Step/sculpt Amy+</b> 5:30 Pilates Ginny^ <b>6:30 Total Body Conditioning Nancy+</b> 6:30 Aqua dance Marisol (pool)	22 <b>5:30am Kettlebell Johna+</b> 8:30 Barre Combo Ginny^ <b>9:30 Cycle Ginny*</b> 9:30 RX Fitness Julie+ <b>10:30 Chair Yoga RebeccaG+</b> 10:30Aqua aerobics Betsy (pool) <b>12:10-12:45 Body blast Nancy+ (35 mins)</b> 5:30 RESTORE Carol^ <b>5:30 Bootcamp Tom+</b> 6:30 Zumba Marisol+	23 <b>5:30 Cycling Johna*</b> 5:45-6:45am Yoga Stacy^ <b>8:30 RESTORE Carol^</b> 9:30 Deep Stretch Suzette^ <b>10:30 Aqua total body Sue (pool)</b> 10:30 Low Aerobics Kim+ <b>10:30 Beginners Pilates (30 min) Suzette^</b> 12:10 Cycling Nancy* <b>12:10 Pilates Suzette^</b> 1:00 RX Fitness Julie+ <b>5:30 Cycling Patch*</b> 5:30 Yoga Kelly^ <b>5:30 Total Body Conditioning RebeccaB+</b> 6:30 Aqua Dance Marisol (pool)	24 <b>5:30am Cardio Intervals Johna+</b> 8:30 Yoga Stacy^ <b>9:30 Cycling RebeccaB*</b> 9:30 RX Fitness Julie+ <b>10:30 Line Dancing Deb+</b> 10:30 Aqua Stretch2o Sue (pool) <b>12:10-12:45 Body Blast Nancy+ (35 mins)</b>	25 <b>8:30 Cycling Johna*</b> 9:30 Total Body Conditioning Amy+ <b>9:30 Yoga Judi^</b> 9:30 Level Up Kids Class- Court B-ages 7-12 <b>11:00 Aqua Dance Marisol (pool)</b>
26 <b>2:45 Yoga Judi ^</b> <b>( 1 hour, 15 min)</b> 4:00-4:45 Zumba Marisol +	27 <b>5:30am Powercut Johna+</b> 8:30 Yoga RebeccaG^ <b>9:30 Cycling Patch*</b> 9:30 RX Fitness Julie+ <b>10:30 Line Dance Deb+</b> 10:30 Aqua Stretch2o Sue (pool) <b>12:10-12:45 Body Blast Nancy+ (35 min)</b> 12:10-1:00 Pilates Suzette^ <b>5:30 Cardio/strength intervals RebeccaB+</b> 5:30 Yoga Judi^ <b>6:30 NO Zumba Toning</b> 6:30 Cycling Nancy*	28 <b>5:30 Cycling Johna*</b> 5:45-6:45am Yoga Mary^ <b>8:30 RESTORE Carol^</b> 9:30 Deep Stretch RebeccaG^ <b>10:30 Aqua Total Body Sue (pool)</b> 10:30 Low aerobics Kim+ <b>12:10-12:55 Yoga Stacy ^</b> 1:00 RX Fitness Julie+ <b>5:30 Cycling Patch*</b> 5:30 Step/sculpt Amy+ <b>5:30 Pilates Ginny ^</b> 6:30 Total Body Conditioning Nancy+ <b>6:30 Aqua dance Marisol (pool)</b>	29 <b>5:30am Kettlebell Johna+</b> 8:30 Barre Combo Ginny^ <b>9:30 Cycle Ginny*</b> 9:30 RX Fitness Julie+ <b>10:30 Chair Yoga RebeccaG+</b> 10:30 Aqua Aerobics Betsy (pool) <b>12:10-12:45 Body blast Nancy+ (35 mins)</b> 5:30 RESTORE Carol^ <b>5:30 Bootcamp Tom+</b> 6:30 Zumba Marisol+	30 <b>5:30 NO Cycling*</b> 5:45-6:45am Yoga Stacy ^ <b>8:30 RESTORE Carol^</b> 9:30 Deep Stretch Suzette^ <b>10:30 Aqua aerobics Betsy (pool)</b> 10:30 Low Aerobics Kim+ <b>10:30 Beginners Pilates (30 min) Suzette^</b> 12:10 Cycling Patch* <b>12:10 Pilates Suzette^</b> 1:00 RX Fitness Julie+ <b>5:30 Cycling Patch*</b> 5:30 Yoga Judi^ <b>5:30 Total Body Conditioning RebeccaB+</b> 6:30 Aqua Dance Marisol (pool)	31 <b>5:30am Cardio Intervals Johna+</b> 8:30 YOGA Stacy^ <b>9:30 Cycling RebeccaB*</b> 9:30 RX Fitness Julie+ <b>10:30 Line Dancing Deb^</b> 10:30 Aqua Stretch2o Sue (pool) <b>12:10-12:45 Body Blast RebeccaB ^ (35 Mins)</b>	