




JULY GROUP EX CLASS SCHEDULE

Foundation YMCA

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

Hours of Operation	Monday-Friday 5am-8pm	Child Watch Hours	Monday-Thursday 9am-1pm	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!
	Saturday 7am-4pm		5:00 pm-7:30pm	
	Sunday 11am-5pm		Friday 9am-1pm	
			Saturday 8:30am-11am	
			Sunday CLOSED	 IPHONE  ANDROID

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>5:30am Powercut Johna+ 8:30 Yoga RebeccaG^</p> <p>8:30 Powercut Terry+ 9:30 Cycling Patch*</p> <p>9:30 RX Fitness Julie+ 10:30 Line Dance Deb+</p> <p>10:30 Aqua Stretch2o Sue (pool) 12:10-12:45 Body Blast Nancy+ (35 min)</p> <p>12:10-1:00 Pilates Suzette^ 5:30 Cardio/strength intervals RebeccaB+</p> <p>5:30 Yoga Judi^ 6:30 Zumba Toning Joy+</p>	<p>2</p> <p>5:30 Cycling Johna* 5:45-6:45am Yoga Mary^</p> <p>8:30 RESTORE Carol^ 9:30 Deep Stretch RebeccaG^</p> <p>10:30 Aqua Aerobics (pool) Betsy 10:30 Low aerobics KimP+</p> <p>12:10-12:55 Yoga Stacy ^ 1:00 RX Fitness Julie+</p> <p>5:30 Cycling Patch* 5:30 Step/sculpt Amy+</p> <p>5:30 Pilates Suzette 6:30 Total Body Conditioning Nancy+</p> <p>6:30 Aqua dance(pool) Marisol</p>	<p>3</p> <p>5:30am Kettlebell Johna+ 8:30 NO CLASS Barre Combo</p> <p>9:30 Cycling Patch* 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 NO Bootcamp+ 6:30 Zumba Joy+</p>	<p>CLOSED</p>  <p>4th of July</p>	<p>5</p> <p>5:30am Cardio Intervals Johna+ 8:30 YOGA Stacy^</p> <p>9:30 Cycling Patch* 9:30 RX Fitness Julie+</p> <p>10:30 Line Dancing Deb+ 10:30 Aqua Stretch2o Sue (pool)</p> <p>12:10-12:45 Body Blast Nancy+</p>	<p>6</p> <p>8:30 Cycling Johna* 9:30 Total Body Conditioning Nancy+</p> <p>9:30- Yoga Judi^ (1 hour, 15 min) 11:00 Aqua Dance Marisol (pool)</p>
	<p>7</p> <p>2:45 Yoga Kelly ^ (1 hour, 15 min) 4:00-4:45 Zumba Joy+</p>	<p>8</p> <p>5:30am Powercut Johna+ 8:30 Yoga RebeccaG^</p> <p>8:30 Powercut Terry+ 9:30 Cycling Patch*</p> <p>9:30 RX Fitness Julie+ 10:30 Line Dance Deb+</p> <p>10:30 Aqua Stretch2o Sue (pool) 12:10-12:45 Body Blast Nancy+ (35 min)</p> <p>12:10-1:00 NO Pilates Suzette^ 5:30 Cardio/strength intervals RebeccaB+</p> <p>5:30 Yoga Judi^ 6:30 Zumba Toning Joy+</p>	<p>9</p> <p>5:30 Cycling Johna* 5:45-6:45am Yoga Mary^</p> <p>8:30 RESTORE Carol^ 9:30 Deep Stretch RebeccaG^</p> <p>10:30 Aqua Aerobics (pool) Betsy 10:30 Low aerobics Julie+</p> <p>12:10-12:55 Yoga Stacy ^ 1:00 RX Fitness Julie+</p> <p>5:30 Cycling Patch* 5:30 Step/sculpt Amy+</p> <p>5:30 NO CLASS Pilates^ 6:30 Total Body Conditioning Nancy+</p> <p>6:30 Aqua dance(pool) Marisol</p>	<p>10</p> <p>5:30am Kettlebell Johna+ 8:30 NO CLASS Barre Combo^</p> <p>9:30 Cycling Patch* 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 Tom+ 6:30 Zumba Joy+</p>	<p>11</p> <p>5:30 Cycling Johna * 5:45 Yoga Mary^</p> <p>8:30 RESTORE Carol^ 9:30 Deep Stretch RebeccaG^</p> <p>10:30 NO Beginners Pilates^ 10:30 Aqua Betsy</p> <p>10:30 Low Aerobics Julie+ 12:10 Cycling Nancy*</p> <p>12:10 NO Pilates Suzette+ 1:00 RX Fitness Julie+</p> <p>5:30 Cycling Patch* 5:30 Yin Yoga Kelly^</p> <p>6:30 Total Body RebeccaB+ 6:30 Aqua Dance Marisol</p>	<p>12</p> <p>5:30am Cardio Intervals Johna+ 8:30 YOGA Stacy^</p> <p>9:30 Cycling RebeccaB* 9:30 RX Fitness Julie+</p> <p>10:30 Line Dancing Deb+ 10:30 Aqua Stretch2o Sue (pool)</p> <p>12:10-12:45 Body Blast Nancy+</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>14 2:45 Yoga Judi^ (1 hour, 15 min) 4:00-4:45 Zumba-Joy+</p>	<p>15 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>16 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 RebeccaB^ 6:30 Total Body Conditioning Nancy+ 6:30 Aqua dance(pool) Marisol</p>	<p>17 5:30am Kettlebell Johna+ 8:30 Barre Combo RebeccaB^ 9:30 Cycling Patch* 9:30 RX Fitness Julie+ 10:30 Chair Yoga Suzette+ 10:30Aqua Aerobics (pool) Betsy 12:10 Body blast Nancy+ 5:30 RESTORE Carol^ 5:30 Bootcamp Tom+ 6:30 Zumba Joy+</p>	<p>18 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>19 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+</p>	<p>20 8:30 Cycling RebeccaB* 9:30 Total Body Conditioning RebeccaB+ 9:30 Yoga Kelly^ 11:00 Aqua dance Marisol</p>
<p>21 2:45 Yoga Mary ^ (1 hour, 15 min) 4:00-4:45 Zumba-Joy+</p>	<p>22 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>23 5:30 Cycling Rebecca* 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 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</p>	<p>24 5:30am Kettlebell JohnaK+ 8:30 Barre Combo RebeccaB^ 9:30 Cycling Patch* 9:30 RX Fitness Julie+ 10:30 Chair Yoga RebeccaG+ 10:30 Aqua aerobics Betsy 12:10 Body blast Nancy+ 5:30 RESTORE Carol^ 5:30 Bootcamp Tom+ 6:30 Zumba Joy+</p>	<p>25 5:30 Cycling* 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 RebeccaB* 5:30 Yoga Kelly^ 6:30 Total Body Conditioning RebeccaB+ 6:30 Aqua Dance Marisol</p>	<p>26 5:30am Cardio Intervals Johna+ 8:30 Yoga Stacy^ 9:30 Cycling Nancy* 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>27 8:30 Cycling Nancy* 9:30 Total Body Conditioning Nancy+ 9:30 Yoga Judi^ 10:45 Beginner Yoga Judi ^ 11:00 Aqua Dance Marisol (pool)</p>
<p>28 2:45 Yoga Judi ^ (1 hour, 15 min) 4:00-4:45 Zumba Joy+</p>	<p>29 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 NO Pilates Suzette^ 5:30 Cardio/strength intervals RebeccaB+ 5:30 Yoga Judi^ 6:30 Zumba Toning Joy+</p>	<p>30 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 KimP+ 12:10-12:55 Yoga Stacy^ 1:00 RX Fitness Julie+ 5:30 Cycling Patch* 5:30 Step/sculpt Amy+ 5:30 Pilates RebeccaB^ 6:30 Aqua Dance Marisol(pool) 6:30 Total Body Conditioning Nancy+</p>	<p>31 5:30am Kettlebell Johna+ 8:30 Barre Combo RebeccaB+ 9:30 Cycling Patch* 9:30 RX Fitness Julie+ 10:30 Chair Yoga RebeccaG+ 10:30Aqua Betsy (pool) 12:10 Body blast Nancy+ 5:30 RESTORE Carol^ 5:30 Bootcamp Tom+ 6:30 Zumba Joy+</p>			