

FOUNDATION YMCA FEBRUARY 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
Monday-Thurs 5am-9pm Friday 5am-8pm Saturday 7am-4pm Sunday 11am-5pm	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	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 2:45 Yoga Mary^ (1 hour, 15 min) 4:00-4:45 Zumba Joy+ + Group X Studio ^ Mind Body Studio *Cycling room	2 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*	3 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 Kim+ 12:10-12:55 Yoga Stacy ^ 12:10-12:55 Cardio & Core Rachel+ 1:00 RX Fitness Julie+ 2:00 Parkinson's Class 5:30 Cycling Patch* 5:30 Step/sculpt Amy+ 5:30 Pilates Ginny^ 6:30 Total Body Conditioning Nancy+	4 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 Betsy(pool) 12:10 Body blast Nancy+ 5:30 RESTORE Carol^ 5:30 Bootcamp Lauren+ 6:30 Zumba Joy+	5 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 Rachel^ 1:00 RX Fitness Julie+ 2:00 Parkinson's Class 5:30 Cycling Patch* 5:30 Yin Yoga Ginny^ 5:30 Total Body Conditioning Rebecca B+	6 5:30am Cardio Intervals Johna+ 8:30 NO CLASS YOGA ^ 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+	7 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
8 2:45 Yoga Ginny^ (1 hour, 15 min) 4:00-4:45 Zumba Joy+	9 5:30am Powercut Lauren+ 7:00am Pilates Lee^ 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*	10 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 Kim+ 12:10-12:55 Yoga Stacy ^ 12:10-12:55 Cardio & Core Rachel+ 1:00 RX Fitness Julie+ 2:00 Parkinson's Class 5:30 Cycling Patch* 5:30 Step/sculpt Amy+ 5:30 Pilates Ginny^ 6:30 Total Body Conditioning Nancy+	11 5:30am Kettlebell Johna+ 7:00 am Yoga Lee+ 8:30 Barre Combo Ginny^ 9:30 Cycle Ginny* 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 Lauren+ 6:30 Zumba Joy+	12 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 Rachel^ 1:00 RX Fitness Julie+ 2:00 Parkinson's Class 5:30 Cycling Patch* 5:30 Yin Yoga Kelly^ 5:30 Total Body Conditioning Rebecca B+	13 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 +	14 8:30 Cycling RebeccaB* 9:30 Total Body Conditioning RebeccaB+ 9:30- Yoga Asia^ (1 hour, 15 min) 9:30 Level Up Kids Class- Court B-ages 7-12 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15 2:45 Yoga Lee^ (1 hour, 15 min) 4:00-4:45 Zumba Joy+	16 5:30am Powercut Johna+ 7:00am Pilates Lee^ 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 RebeccaB^ 5:30 Cardio/strength intervals RebeccaB+ 5:30 Yoga Judi^ 6:30 Zumba Toning Joy+ 6:30 Cycling Nancy*	17 5:30 Cycling Lauren* 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 Kim+ 12:10-12:55 Yoga Stacy ^ 12:10-12:55 Cardio & Core Rachel+ 1:00 RX Fitness Julie+ 2:00 Parkinson's Class 5:30 Cycling Patch* 5:30 Step/sculpt Amy+ 5:30 Pilates Ginny^ 6:30 Total Body Conditioning Nancy+	18 5:30am Kettlebell Johna+ 7:00 am Yoga Lee+ 8:30 Barre Combo Ginny^ 9:30 Cycle Ginny* 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 Lauren+ 6:30 Zumba Joy+	19 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 Betsy (pool) 10:30 Low Aerobics Kim+ 12:10 Cycling Nancy* 12:10 Pilates Rachel^ 1:00 RX Fitness Julie+ 2:00 Parkinson's Class 5:30 Cycling Patch* 5:30 Yoga Kelly ^ 5:30 Total Body Conditioning Rebecca+	20 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+	21 8:30 Cycling Nancy* 9:30 Total Body Conditioning Nancy+ 9:30 Yoga Judi^ 9:30 Level Up Kids Class- Court B-ages 7-12
22 2:45 Yoga Lee^ (1 hour, 15 min) 4:00-4:45 Zumba Joy +	23 5:30am Powercut Lauren+ 7:00am Pilates Lee^ 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*	24 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 Kim+ 12:10-12:55 Yoga Stacy ^ 12:10-12:55 Cardio & Core Rachel+ 1:00 RX Fitness Julie+ 2:00 Parkinson's Class 5:30 Cycling Patch* 5:30 Step/sculpt Amy+ 5:30 Pilates Ginny^ 6:30 Total Body Conditioning Nancy+	25 5:30am Kettlebell Johna+ 7:00 am Yoga Lee+ 8:30 Barre Combo Ginny^ 9:30 Cycle Ginny* 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 Lauren+ 6:30 Zumba Joy+	26 5:30 Cycling Lauren* 5:45-6:45am Yoga^ 8:30 RESTORE Carol^ 9:30 Deep Stretch Suzette^ 10:30 Beginners Pilates suzette^ 10:30 Aqua aerobics Betsy (pool) 10:30 Low Aerobics Rachel+ 12:10 Cycling Nancy* 12:10 Pilates Rachel^ 1:00 RX Fitness Julie+ 2:00 Parkinson's Class 5:30 Cycling Patch* 5:30 Yoga Kelly ^ 5:30 Total Body Conditioning RebeccaB+	27 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+	28 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
						+ Group X Studio ^ Mind Body Studio *Cycling room