

# FEBRUARY GROUP EX CLASS SCHEDULE

Foundation YMCA

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 8:30am-11am Sunday CLOSED	Please download the Y APP to stay informed on class cancellations and changes; check with the front desk and they will be happy to assist you

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 <b>2:45 Yoga Kelly^</b> <b>( 1 hour, 15 min)</b> 4:00-4:45 Zumba- Joy+	12 <b>5:30am Powercut</b> <b>Johna+</b> 8:30 Yoga RebeccaG^ <b>8:30 Powercut Terry+</b> 9:30 Cycling Patch^ <b>9:30 RX Fitness Julie+</b> 10:30 Line Dance Deb+ <b>10:30 Aqua Stretch2o</b> <b>Sue (pool)</b> 12:10-12:45 Body Blast Nancy+(35 min) <b>12:10-1:00 Pilates</b> <b>Suzette^</b> 5:30 Cardio/strength intervals Johna+ <b>5:30 Yoga Judi^</b> 6:30 Cycling Nancy* <b>6:30 Zumba Toning</b> <b>Joy+</b>	13 <b>5:30 Cycling</b> <b>RebeccaB*</b> 5:45-6:45am Yoga Mary^ <b>8:30 RESTORE Carol^</b> 9:30 Deep Stretch RebeccaG^ <b>10:30 Aqua Aerobics</b> <b>(pool) Betsy</b> 10:30 Low aerobics/tone Kim+ <b>12:10-12:55 Yoga</b> <b>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</b> <b>dance(pool) Marisol</b>	14 <b>5:30am Kettlebell</b> <b>Johna+</b> 8:30 Barre Combo Ginny^ <b>9:30 Cycling Ginny*</b> 9:30 RX Fitness KimK+ <b>10:30 Chair Yoga</b> <b>RebeccaG+</b> 10:30Aqua Aerobics (pool) Betsy <b>12:10 Body blast</b> <b>Nancy+</b> 5:30 RESTORE Carol^ <b>5:30 Bootcamp</b> <b>RebeccaB+</b> 6:30 Zumba Joy+	15 <b>5:30 Cycling Johna*</b> 5:45-6:45am Yoga Mary^ <b>8:30 RESTORE Carol^</b> 9:30 Deep Stretch Suzette^ <b>10:30 Aqua Aerobics</b> <b>(pool) Betsy</b> 10:30 Low Aerobics Kim+ <b>10:30 Beginners</b> <b>Pilates (30 min)</b> <b>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 Youth Fit Demetrius + <b>5:30 Yoga Kelly^</b> 6:30 Total Body Conditioning RebeccaB+ <b>6:30 Aqua Dance</b> <b>Marisol</b>	16 <b>5:30am Cardio</b> <b>Intervals Johna+</b> 8:30 Yoga Stacy^ <b>9:30 Cycling</b> <b>RebeccaB*</b> 9:30RX Fitness Julie+ <b>10:30 Line Dancing</b> <b>Isabell+</b> 10:30 Aqua Stretch2o Sue (pool) <b>12:10-12:45 Body</b> <b>Blast Nancy+</b>	17 <b>8:30 Cycling</b> <b>RebeccaB*</b> 9:30 Total Body Conditioning RebeccaB+ <b>9:30 Yoga Judi^</b> <b>( 1 hour, 15 min)</b> 11:00 Aqua TotalBody Sue (pool)
18 <b>2:45 Yoga Judi^</b> <b>( 1 hour, 15 min)</b> 4:00-4:45 Zumba- Joy+	19 <b>5:30am Powercut</b> <b>Johna+</b> 8:30 Yoga RebeccaG^ <b>8:30 Powercut Terry+</b> 9:30 Cycling Patch^ <b>9:30 RX Fitness Julie+</b> 10:30 Line Dance Isabell+ <b>10:30 Aqua Stretch2o</b> <b>Sue (pool)</b> 12:10-12:45 Body Blast Nancy+ (35 min) <b>12:10-1:00 Pilates</b> <b>Ginny^</b> 5:30 Cardio/strength intervals Johna+ <b>5:30 Yoga Judi^</b> 6:30 Cycling Nancy^ <b>6:30 Zumba toning</b> <b>Joy+</b>	20 <b>5:30 Cycling John*</b> 5:45-6:45am Yoga Mary^ <b>8:30 RESTORE Carol^</b> 9:30 Deep Stretch RebeccaG^ <b>10:30 Aqua Aerobics</b> <b>(pool) Betsy</b> 10:30 Low aerobics /tone Kim+ <b>12:10-12:55 Yoga</b> <b>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</b> <b>Marisol</b>	21 <b>5:30am Kettlebell</b> <b>Johna+</b> 8:30 Barre Combo Ginny^ <b>9:30 Cycling Ginny^</b> 9:30 RX Fitness KimK+ <b>10:30 Chair Yoga</b> <b>RebeccaG+</b> 10:30Aqua Aerobics (pool) Betsy <b>12:10 Body blast</b> <b>Nancy +</b> 5:30 RESTORE Carol^ <b>5:30 Bootcamp</b> <b>Ginny+</b> 6:30 Zumba Joy+	22 <b>5:30 Cycling Johna *</b> 5:45-6:45am NO CLASS Yoga <b>8:30 RESTORE Carol^</b> 9:30 Deep Stretch Suzette^ <b>10:30 Aqua Aerobics</b> <b>(pool) Betsy</b> 10:30 Low Aerobics Kim+ <b>10:30 Beginners Pilates</b> <b>(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 Youth Fit Demetrius + <b>5:30 Yoga Kelly^</b> 6:30 Total Body Conditioning Nancy <b>6:30 Aqua Dance</b> <b>Marisol</b>	23 <b>5:30am Cardio</b> <b>Intervals Johna+</b> 8:30 Yoga Kelly^ <b>9:30 Cycling Patch*</b> 9:30RX Fitness Julie+ <b>10:30 Aqua</b> <b>Stretch2o Sue (pool)</b> 10:30 Line Dancing Isabell+ <b>12:10-12:45 Body</b> <b>Blast Nancy+</b>	24 <b>8:30 Cycling Nancy</b> 9:30 Total Body Conditioning Nancy+ <b>9:30 Yoga Kelly^</b> 11:00 Aqua Dance Marisol (pool)
25 <b>2:45 Yoga Asia^</b> <b>( 1 hour, 15 min)</b> 4:00-4:45 Zumba- Joy+	26 <b>5:30am Powercut</b> <b>Johna+</b> 8:30 Yoga RebeccaG^ <b>8:30 Powercut Terry+</b> 9:30 Cycling Patch^ <b>9:30 RX Fitness Julie+</b> 10:30 Line Dance Deb+ <b>10:30 Aqua Stretch2o</b> <b>Sue (pool)</b> 12:10-12:45 Body Blast Nancy+ (35 min) <b>12:10-1:00 Pilates</b> <b>Suzette^</b> 5:30 Cardio/strength intervals Johna+ <b>5:30 Yoga Judi^</b> 6:30 Cycling Patch^ <b>6:30 Zumba toning</b> <b>Joy</b>	27 <b>5:30 Cycling</b> <b>RebeccaB^</b> 5:45-6:45am Yoga Stacy^ <b>8:30 RESTORE Carol^</b> 9:30 Deep Stretch RebeccaG^ <b>10:30 Aqua aerobics</b> <b>(pool) Betsy</b> 10:30Low aerobics/tone KimP+ <b>12:10-12:55 Yoga</b> <b>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 Aqua Dance (pool)Marisol <b>6:30 Total Body</b> <b>Conditioning Nancy+</b>	28 <b>5:30am Kettlebell</b> <b>Johna+</b> 8:30 Barre Combo Ginny^ <b>9:30 Cycling Ginny^</b> 9:30 RX Fitness KimK+ <b>10:30 Chair Yoga</b> <b>RebeccaG+</b> 10:30Aqua aerobics (pool) Betsy <b>12:10 Body blast</b> <b>Nancy +</b> 5:30 RESTORE Carol^ <b>5:30 Bootcamp</b> <b>RebeccaB+</b> 6:30 Zumba Joy+	29 <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</b> <b>(pool) Betsy</b> 10:30 Low Aerobics Kim+ <b>10:30 Beginners Pilates</b> <b>(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 Youth Fit Demetrius + <b>5:30 Yoga Kelly^</b> 6:30 Total Body Conditioning RebeccaB+ <b>6:30 Aqua Dance</b> <b>Marisol</b>		Group x Studio mind/body room Cycling Studio