

FOUNDATION YMCA JULY GROUP EX CLASS SCHEDULE

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

Hours of Operation

Monday-Friday 5am-8pm
Saturday 7am-4pm
Sunday 11am-5pm

Child Watch Hours

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

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!



IPHONE



ANDROID

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
**NO
CLASSES**

**OPEN
5AM
TO
NOON**

2
**NO
CLASSES**

**OPEN
5AM
TO
NOON**

3
**NO
CLASSES**

**OPEN
5AM
TO
NOON**

4
CLOSED
**HAPPY 4TH
OF JULY**



5
8:30 Cycling Nancy*
9:30 Total Body
Conditioning Nancy+
9:30- Yoga Asia^
(1 hour, 15 min)
9:30 Level Up Kids
Class- Court B-ages
7-12
**11:00 Aqua Dance
Toshia (pool)**

6
2:45 Yoga lee^
(1 hour, 15 min)
4:00-4:45 NO Zumba

7
**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
Sarah^
**5:30 Cardio/strength
intervals RebeccaB+**
5:30 Yoga Judi^
**6:30 Zumba Toning
Joy+**
6:30 Cycling Nancy*

8
5:30 Cycling Johna*
5:45-6:45am Yoga
Stacy^
8:30 NO RESTORE
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 Barre Combo
Lee^**
6:30 Total Body
Conditioning Nancy+
**6:30 Aqua dance
(pool) Toshia**

9
**5:30am Kettlebell
Johna+**
8:30 Barre Combo Lee^
9:30 Cycle Rebecca B*
9:30 RX Fitness Julie+
**10:30 Chair Yoga
RebeccaG+**
10:30Aqua Betsy (pool)
**12:10 Body blast
Nancy+**
5:30 NO RESTORE
**5:30 Bootcamp
Lauren+**
6:30 Zumba Joy+

10
5:30 Cycling Lauren*
5:45 Yoga Stacy^
8:30 NO RESTORE
9:30 Deep Stretch
Rebecca G^
10:30 Aqua aerobics
Betsy (pool)
**10:30 Low Aerobics
KimP+**
12:10 Cycling Nancy*
12:10 Pilates Sarah^
1:00 RX Fitness Julie+
5:30 Cycling Patch*
5:30 Yin Yoga Kelly^
**5:30 Total Body
Lauren+**
6:30 Aqua Dance
Toshia (pool)

11
**5:30am Cardio
Intervals Johna+**
8:30 YOGA Stacy^
9:30 Cycling Patch*
9:30 RX Fitness Julie+
**10:30 Line Dancing
Deb^**
10:30 Aqua Stretch2o
Sue (pool)
**12:10-12:45 Body
Blast Nancy+**

12
8:30 Cycling Johna*
9:30 Total Body
Conditioning Nancy+
9:30- Yoga Lee^
(1 hour, 15 min)
9:30 Level Up Kids
Class- Court B-ages
7-12
**11:00 Aqua Dance
Toshia (pool)**

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