

FOUNDATION YMCA JUNE 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
2:45 Yoga Judi^
(1 hour, 15 min)
4:00-4:45 Zumba Joy+

2
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 Sarah^
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 Julie+
12:10-12:55 Yoga Stacy ^
1:00 RX Fitness Julie+
5:30 Cycling Patch*
5:30 Step/sculpt Amy+
5:30 NO Pilates ^
6:30 Total Body Conditioning Nancy+
6:30 Aqua dance (pool) Toshia

4
5:30am Kettlebell Lauren+
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 NO Yoga ^
8:30 RESTORE Carol^
9:30 Deep Stretch Suzette^
10:30 Aqua aerobics Betsy (pool)
10:30 Low Aerobics KimP+
12:10 Cycling Nancy*
12:10 Pilates Ginny^
1:00 RX Fitness Julie+
5:30 Cycling Patch*
5:30 Yoga Kelly^
5:30 Total Body Rebecca B+
6:30 Aqua Dance Toshia (pool)

6
5:30am Cardio Intervals Lauren+
8:30 YOGA Lee^
9:30 Cycling Rebecca B*
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 Lauren*
9:30 Total Body Conditioning Lauren+
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)

8
2:45 Yoga Kelly^
(1 hour, 15 min)
4:00-4:45 Zumba Joy+

9
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*

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 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 (pool) Toshia

11
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+

12
5:30 Cycling Johna*
5:45 Yoga Stacy^
8:30 RESTORE Carol^
9:30 NO Deep Stretch^
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 Rebecca B+
6:30 Aqua Dance Toshia (pool)

13
5:30am Cardio Intervals Lauren+
8:30 YOGA Stacy^
9:30 Cycling Rebecca B*
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 Nancy*
9:30 Total Body Conditioning Nancy+
9:30- Yoga Judi^ (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
15 2:45 Yoga Judi^ (1 hour, 15 min) 4:00-4:45 NO Zumba	16 5:30am Powercut Lauren+ 8:30 Yoga RebeccaB^ 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*	17 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/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 Ginny^ 6:30 Total Body Conditioning Nancy+ 6:30 Aqua dance Toshia(pool)	18 5:30am Kettlebell Johna+ 8:30 Barre Combo Rebecca B^ 9:30 Cycle RebeccaB* 9:30 RX Fitness Julie+ 10:30 Chair Yoga RebeccaG+ 10:30Aqua aerobics 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 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 Rebecca B+ 6:30 Aqua Dance Toshia (pool)	20 5:30am cardio intervals Johna+ 8:30 Yoga Stacy^ 9:30 Cycling Rebecca B* 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 Rebecca B* 9:30 Total Body Conditioning Rebecca B+ 9:30 Yoga Asia^ 9:30 Level Up Kids Class- Court B-ages 7-12 11:00 Aqua aerobics Toshia (pool)
22 2:45 Yoga Lee^ (1 hour, 15 min) 4:00-4:45 Zumba Joy+	23 5:30am Powercut Lauren+ 8:30 Yoga RebeccaG^ 9:30 Cycling Patch* 9:30 RX Fitness Deb+ 10:30 Line Dance kimp+ 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 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/tone Kim+ 12:10-12:55 Yoga Stacy ^ 1:00 RX Fitness Julie+ 5:30 Cycling Patch* 5:30 Step/sculpt Rebecca B+ 5:30 Pilates Suzette^ 6:30 Total Body Conditioning Nancy+ 6:30 Aqua dance Toshia (pool)	25 5:30am Kettlebell Lauren+ 8:30 NO Barre Combo 9:30 Cycle Patch* 9:30 RX Fitness Julie+ 10:30 Chair Yoga Rebecca G+ 10:30Aqua aerobics 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 NO Yoga ^ 8:30 RESTORE Carol^ 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)	27 5:30am Cardio Intervals Lauren+ 8:30 Yoga RebeccaG^ 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+	28 8:30 Cycling Nancy* 9:30 Total Body Conditioning Nancy+ 9:30 Yoga Judi^ 9:30 NO Level Up Kids Class- Court B-ages 7-12 11:00 Aqua Dance Toshia (pool)
29 2:45 Yoga Judi^ (1 hour, 15 min) 4:00-4:45 Zumba Joy +	30 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 Sarah^ 5:30 Cardio/strength intervals RebeccaB+ 5:30 Yoga Judi^ 6:30 Zumba toning Joy+ 6:30 Cycling Nancy*					