

FOUNDATION YMCA MARCH 2026

GROUP EX CLASS SCHEDULE

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

<p>Hours of Operation</p> <p>Monday-Thurs 5am-9pm Friday 5am-8pm Saturday 7am-4pm Sunday 11am-5pm</p>	<p>Child Watch Hours</p> <p>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</p>	<p>Fitness Class Announcements</p> <p>WE HAVE A NEW APP! Please download the Y APP to stay informed on class cancellations and changes; Scan QR Code to get app!</p> <div style="display: flex; justify-content: space-around;">   </div> <p style="text-align: center;">IPHONE ANDROID</p>
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 2:45 Yoga Judi[^] (1 hour, 15 min) 4:00-4:45 Zumba Joy+</p> <p>+ Group X Studio [^] Mind Body Studio *Cycling room</p>	<p>2 5:30am Powercut Lauren+ 7:00am Pilates Lee[^] 8:30 am Rx Fitness Julie + 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 Lauren+ 5:30 Yoga Judi[^] 6:30 Zumba Toning Joy+ 6:30 Cycling Nancy*</p>	<p>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 Rachel+ 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+</p>	<p>4 5:30am Kettlebell Lauren+ 7:00am Yoga Lee[^] 8:30 am RX Fitness Julie+ 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+</p>	<p>5 5:30 Cycling Lauren* 5:45-6:45am NO Yoga Stacy[^] 8:30 RESTORE Carol[^] 9:30 Deep Stretch Suzette[^] 10:30 Beginners Pilates suzette[^] 10:30 Aqua aerobics (pool) Sue 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 Yin Yoga Kelly[^] 5:30 Total Body Conditioning Rebecca B+</p>	<p>6 5:30am Cardio Intervals Johna+ 8:30 am RX Fitness Julie+ 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+</p>	<p>7 8:30 Cycling Ginny* 9:30 Total Body Conditioning Ginny+ 9:30- Yoga Asia[^] (1 hour, 15 min) 9:30 Level Up Kids Class- Court B-ages 7-12</p> <p style="text-align: center;">YMCA CLOSES AT 1 PM</p> <p style="text-align: center;"></p>
<p>8 2:45 Yoga Mary[^] (1 hour, 15 min) 4:00-4:45 Zumba Joy+</p>	<p>9 5:30am Powercut Lauren+ 7:00am Pilates Lee[^] 8:30 am Rx Fitness Julie + 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 Lauren+ 5:30 Yoga Judi[^] 6:30 Zumba Toning Joy+ 6:30 Cycling Jordan*</p>	<p>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 Rachel+ 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 Lee[^] 6:30 Total Body Conditioning Nancy+</p>	<p>11 5:30am Kettlebell Johna+ 7:00am Yoga Lee[^] 8:30 am RX Fitness Julie+ 8:30 No Barre Combo [^] 9:30 Cycle 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 Lauren+ 6:30 Zumba Joy+</p>	<p>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 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 Yin Yoga Amy[^] 5:30 Total Body Conditioning Lauren+</p>	<p>13 5:30am Cardio Intervals Lauren+ 8:30 am RX Fitness Julie+ 8:30 YOGA Stacy[^] 9:30 Cycling Lauren* 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>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</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>15 2:45 Yoga Jordan^ (1 hour, 15 min) 4:00-4:45 Zumba Joy+</p>	<p>16 5:30am Powercut Lauren+ 7:00am Pilates RebeccaB^ 8:30 am Rx Fitness Julie + 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 Jordan*</p>	<p>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 Deb+ 12:10-12:55 Yoga Stacy ^ 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+</p>	<p>18 5:30am Kettlebell Johna+ 7:00am Yoga Lee^ 8:30 am RX Fitness Julie+ 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+</p>	<p>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 Julie+ 12:10 Cycling Nancy* 12:10 Pilates Suzette^ 1:00 RX Fitness Julie+ 2:00 Parkinson's Class 5:30 Cycling Patch* 5:30 Yoga Kelly ^ 5:30 Total Body Conditioning Rebecca+</p>	<p>20 5:30am Cardio Intervals Johna+ 8:30 am RX Fitness Julie+ 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+</p>	<p>21 8:30 Cycling RebeccaB* 9:30 Total Body Conditioning RebeccaB+ 9:30 Yoga Kelly^ 9:30 NO CLASS Level Up Kids Class- Court B-ages 7-12</p>
<p>22 2:45 Yoga Judi^ (1 hour, 15 min) 4:00-4:45 NO Zumba +</p>	<p>23 5:30am Powercut Lauren+ 7:00am Pilates Lee^ 8:30 am Rx Fitness Julie + 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 NO Zumba Toning + 6:30 Cycling Jordan*</p>	<p>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 Deb+ 12:10-12:55 Yoga Stacy ^ 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+</p>	<p>25 5:30am Kettlebell Lauren+ 7:00am Yoga RebeccaG^ 8:30 am RX Fitness Julie+ 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 NO Zumba+</p>	<p>26 5:30 Cycling Lauren* 5:45-6:45am NO Yoga^ 8:30 am RX Fitness Julie+ 8:30 RESTORE Carol^ 9:30 Deep Stretch Suzette^ 10:30 Beginners Pilates Suzette^ 10:30 Aqua aerobics Betsy (pool) 10:30 Low Aerobics Julie+ 12:10 Cycling Nancy* 12:10 Pilates Suzette^ 1:00 RX Fitness Julie+ 2:00 Parkinson's Class 5:30 Cycling Patch* 5:30 Yoga Kelly ^ 5:30 Total Body Conditioning Rebecca+</p>	<p>27 5:30am Cardio Intervals Johna+ 8:30 Yoga Kelly^ 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+</p>	<p>28 8:30 Cycling Lauren* 9:30 Total Body Conditioning Lauren+ 9:30 Yoga Asia^ 9:30 NO Level Up Kids Class- Court B-ages 7-12</p>
<p>29 2:45 Yoga Judi^ (1 hour, 15 min) 4:00-4:45 Zumba Joy+</p>	<p>30 5:30am Powercut Lauren+ 7:00am Pilates Lee^ 8:30 am Rx Fitness Julie + 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 Jordan*</p>	<p>31 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 Deb+ 12:10-12:55 Yoga Stacy ^ 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+</p>				<p>+ Group X Studio ^ Mind Body Studio *Cycling room</p>