

FOUNDATION YMCA MAY 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 9am-1pm
5:00 pm-7:30pm
Friday 9am-1pm
Saturday 8:00am-11am
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 5:30 Cycling Lauren* 5:45 Yoga Stacy^ 8:30 RESTORE Carol^ 9:30 Deep Stretch Suzette^ 10:30 Beginners Pilates (30 min) Suzette^ 10:30 Aqua aerobics Betsy (pool) 10:30 Low Aerobics KimP+ 12:10 Cycling Lauren* 12:10 Pilates Suzette^ 1:00 RX Fitness Julie+ 5:30 No Cycling* 5:30 Yoga lee^ 5:30 Total Body Ginny+ 6:30 Aqua Dance Toshia (pool)	2 5:30am Cardio Intervals Johna+ 8:30 YOGA Kelly^ 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 Lauren+	3 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)
4 2:45 Yoga Judi^ (1 hour, 15 min) 4:00-4:45 Zumba Joy+	5 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 Suzete^ 5:30 Cardio/strength intervals RebeccaB+ 5:30 Yoga Judi^ 6:30 Zumba Toning Joy+ 6:30 Cycling Nancy*	6 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 NO Aqua dance (pool)	7 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 Ginny+ 6:30 Zumba Joy+	8 5:30 Cycling Johna* 5:45 Yoga Stacy^ 8:30 RESTORE Carol^ 9:30 Deep Stretch Suzette^ 10:30 Beginners Pilates (30 min) Suzette^ 10:30 Aqua aerobics Betsy (pool) 10:30 Low Aerobics KimP+ 12:10 Cycling Nancy* 12:10 Pilates Suzette^ 1:00 RX Fitness Julie+ 5:30 Cycling Patch* 5:30 Yin Yoga Kelly^ 5:30 Total Body g=Ginny+ 6:30 Aqua Dance Toshia (pool)	9 5:30am Cardio Intervals Lauren+ 8:30 YOGA Stacy^ 9:30 Cycling Patch* 9:30 RX Fitness Julie+ 10:30 Line Dancing susan^ 10:30 Aqua Stretch2o Sue (pool) 12:10-12:45 Body Blast Nancy+	10 8:30 Cycling Ginny* 9:30 Total Body Conditioning Ginny+ 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
11 2:45 Yoga Judi^ (1 hour, 15 min) 4:00-4:45 NO Zumba	12 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 Stacy^ 5:30 Cardio/strength intervals RebeccaB+ 5:30 Yoga Judi^ 6:30 Zumba Toning Joy+ 6:30 Cycling Nancy*	13 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)	14 5:30am Kettlebell Johna+ 8:30 Barre Combo Ginny^ 9:30 Cycle Ginny* 9:30 RX Fitness Deb+ 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+	15 5:30 Cycling Lauren* 5:45-6:45am Yoga Stacy^ 8:30 RESTORE Carol^ 9:30 Deep Stretch Suzette^ 10:30 Aqua aerobics (pool) Betsy 10:30 Low Aerobics Kim+ 10:30 Beginners Pilates (30 min) Suzette^ 12:10 Cycling Nancy* 12:10 Pilates Suzette^ 1:00 RX Fitness kimp+ 5:30 Cycling Patch* 5:30 Yoga kelly^ 5:30 Total Body Conditioning lauren+ 6:30 Aqua Dance Toshia (pool)	16 5:30am cardio intervals Johna+ 8:30 Yoga Stacy^ 9:30 Cycling patch* 9:30 RX Fitness Deb+ 10:30 Aqua Stretch2o Sue (pool) 10:30 Line Dancing Deb+ 12:10-12:45 Body Blast Nancy+	17 8:30 Cycling Lauren* 9:30 Total Body Conditioning RebeccaB+ 9:30 Yoga Mary^ 9:30 NO Level Up Kids Class- Court B-ages 7-12 11:00 Aqua aerobics Toshia (pool)
18 2:45 Yoga Mary^ (1 hour, 15 min) 4:00-4:45 Zumba Jot+	19 5:30am Powercut Lauren+ 8:30 Yoga RebeccaG^ 9:30 Cycling Patch* 9:30 RX Fitness Julie+ 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 Stacy^ 5:30 Cardio/strength intervals RebeccaB+ 5:30 Yoga Judi^ 6:30 Zumba toning Joy+ 6:30 Cycling Nancy*	20 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)	21 5:30am Kettlebell Johna+ 8:30 Barre Combo Ginny^ 9:30 Cycle Ginny* 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 Ginny+ 6:30 Zumba Joy+	22 5:30 Cycling Lauren* 5:45-6:45am Yoga Stacy^ 8:30 RESTORE Carol^ 9:30 Deep Stretch Suzette^ 10:30 Aqua total body Sue (pool) 10:30 Low Aerobics Kim+ 10:30 Beginners Pilates (30 mins) 12:10 Cycling Nancy* 12:10 Pilates Suzette^ 1:00 RX Fitness Julie+ 5:30 NO Cycling * 5:30 Yoga Kelly^ 5:30 Total Body Conditioning Amy+ 6:30 Aqua Dance Toshia (pool)	23 5:30am Cardio Intervals Johna+ 8:30 Yoga Kelly^ 9:30 Cycling Patch* 9:30 RX Fitness Julie+ 10:30 No Line Dancing + 10:30 Aqua Stretch2o Sue (pool) 12:10-12:45 Body Blast Nancy+	24 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 11:00 Aqua Dance Toshia (pool)
25 2:45 Yoga Lee^ (1 hour, 15 min) 4:00-4:45 NO Zumba	26 CLOSED Happy Memorial Day	27 5:30 Cycling Johna* 5:45-6:45am Yoga Stacy^ 8:30 RESTORE Carol^ 9:30 Deep Stretch RebeccaG^ 10:30 Aqua Total Body Sue (pool) 10:30 Low aerobics 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)	28 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+	29 5:30 Cycling Lauren* 5:45-6:45am Yoga Stacy^ 8:30 RESTORE Carol^ 9:30 Deep Stretch Suzette^ 10:30 Aqua total body Sue (pool) 10:30 Low Aerobics Kim+ 10:30 Beginners Pilates suzette (30 mins) 12:10 Cycling Nancy* 12:10 Pilates Suzette^ 1:00 RX Fitness Julie+ 5:30 Cycling Patch* 5:30 Yoga judi^ 5:30 Total Body Conditioning Lauren+ 6:30 Aqua Dance Toshia (pool)	30 5:30am Cardio Intervals Johna+ 8:30 Yoga Stacy^ 9:30 Cycling Nancy* 9:30 RX Fitness Julie+ 10:30 Line Dancing Deb+ 10:30 Aqua Stretch2o Sue (pool) 12:10-12:45 Body Blast Nancy+	31 8:30 Cycling Nancy* 9:30 Total Body Conditioning Nancy+ 9:30 Yoga Asia^ 9:30 Level Up Kids Class- Court B-ages 7-12 11:00 Aqua Dance Toshia (pool)