



# FOUNDATION YMCA MAY GROUP EX CLASS SCHEDULE

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

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|--|--|---|
| <b>Hours of Operation</b>  | <b>Child Watch Hours</b>   | <b>Fitness Class Announcements</b>  |
| <p><b>Monday-Friday</b> 5am-8pm</p> <p><b>Saturday</b> 7am-4pm</p> <p><b>Sunday</b> 11am-5pm</p> | <p>Monday-Thursday 9am-1pm<br/>5:00 pm-7:30pm</p> <p>Friday 9am-1pm</p> <p>Saturday 8:00am-11am</p> <p>Sunday CLOSED</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> |

| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  |
|--|--|--|---|---|--|---|
|  |  |  |   | <p>1</p> <p><b>5:30 Cycling Lauren*</b><br/>5:45 Yoga Stacy^</p> <p><b>8:30 RESTORE Carol^</b><br/>9:30 Deep Stretch Suzette^</p> <p><b>10:30 Beginners Pilates (30 min) Suzette^</b><br/>10:30 Aqua aerobics Betsy (pool)</p> <p><b>10:30 Low Aerobics KimP+</b><br/>12:10 Cycling Lauren*</p> <p><b>12:10 Pilates Suzette^</b><br/>1:00 RX Fitness Julie+</p> <p><b>5:30 No Cycling*</b><br/>5:30 Yoga lee^</p> <p><b>5:30 Total Body Ginny+</b><br/>6:30 Aqua Dance Toshia (pool)</p>        | <p>2</p> <p><b>5:30am Cardio Intervals Johna+</b><br/>8:30 YOGA Kelly^</p> <p><b>9:30 Cycling Patch*</b><br/>9:30 RX Fitness Julie+</p> <p><b>10:30 Line Dancing Deb^</b><br/>10:30 Aqua Stretch2o Sue (pool)</p> <p><b>12:10-12:45 Body Blast Lauren+</b></p>   | <p>3</p> <p><b>8:30 Cycling Lauren*</b><br/>9:30 Total Body Conditioning Lauren+</p> <p><b>9:30- Yoga Asia^ (1 hour, 15 min)</b><br/>9:30 Level Up Kids Class- Court B-ages 7-12</p> <p><b>11:00 Aqua Dance Toshia (pool)</b></p> |
| <p>4</p> <p><b>2:45 Yoga Judi^ (1 hour, 15 min)</b><br/>4:00-4:45 Zumba Joy+</p> | <p>5</p> <p><b>5:30am Powercut Lauren+</b><br/>8:30 Yoga RebeccaG^</p> <p><b>9:30 Cycling Patch*</b><br/>9:30 RX Fitness Julie+</p> <p><b>10:30 Line Dance Deb+</b><br/>10:30 Aqua Stretch2o Sue(pool)</p> <p><b>12:10-12:45 Body Blast Nancy+ (35 min)</b><br/>12:10-1:00 Pilates Suzete^</p> <p><b>5:30 Cardio/strength intervals RebeccaB+</b><br/>5:30 Yoga Judi^</p> <p><b>6:30 Zumba Toning Joy+</b><br/>6:30 Cycling Nancy*</p> | <p>6</p> <p><b>5:30 Cycling Johna*</b><br/>5:45-6:45am Yoga Stacy^</p> <p><b>8:30 RESTORE Carol^</b><br/>9:30 Deep Stretch RebeccaG^</p> <p><b>10:30 Aqua Aerobics (pool) Betsy KimP+</b><br/>12:10-12:55 Yoga Stacy ^</p> <p>1:00 RX Fitness Julie+</p> <p><b>5:30 Cycling Patch*</b><br/>5:30 Step/sculpt Amy+</p> <p><b>5:30 Pilates Ginny^</b><br/>6:30 Total Body Conditioning Nancy+</p> <p><b>6:30 NO Aqua dance (pool)</b></p> | <p>7</p> <p><b>5:30am Kettlebell Johna+</b><br/>8:30 Barre Combo Ginny^</p> <p><b>9:30 Cycle ginny*</b><br/>9:30 RX Fitness Julie+</p> <p><b>10:30 Chair Yoga RebeccaG+</b><br/>10:30Aqua Betsy (pool)</p> <p><b>12:10 Body blast Nancy+</b><br/>5:30 RESTORE Carol^</p> <p><b>5:30 Bootcamp Ginny+</b><br/>6:30 Zumba Joy+</p> | <p>8</p> <p><b>5:30 Cycling Johna*</b><br/>5:45 Yoga Stacy^</p> <p><b>8:30 RESTORE Carol^</b><br/>9:30 Deep Stretch Suzette^</p> <p><b>10:30 Beginners Pilates (30 min) Suzette^</b><br/>10:30 Aqua aerobics Betsy (pool)</p> <p><b>10:30 Low Aerobics KimP+</b><br/>12:10 Cycling Nancy*</p> <p><b>12:10 Pilates Suzette^</b><br/>1:00 RX Fitness Julie+</p> <p><b>5:30 Cycling Patch*</b><br/>5:30 Yin Yoga Kelly^</p> <p><b>5:30 Total Body Ginny+</b><br/>6:30 Aqua Dance Toshia (pool)</p> | <p>9</p> <p><b>5:30am Cardio Intervals Lauren+</b><br/>8:30 YOGA Stacy^</p> <p><b>9:30 Cycling Patch*</b><br/>9:30 RX Fitness Julie+</p> <p><b>10:30 Line Dancing susan^</b><br/>10:30 Aqua Stretch2o Sue (pool)</p> <p><b>12:10-12:45 Body Blast Nancy+</b></p> | <p>10</p> <p><b>8:30 Cycling Ginny*</b><br/>9:30 Total Body Conditioning Ginny+</p> <p><b>9:30- Yoga Lee^ (1 hour, 15 min)</b><br/>9:30 Level Up Kids Class- Court B-ages 7-12</p> <p><b>11:00 Aqua Dance Toshia (pool)</b></p>   |

| SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   |
|--|---|---|--|--|---|--|
| <p>11</p> <p><b>2:45 Yoga Judi^ ( 1 hour, 15 min)</b><br/>4:00-4:45 NO Zumba</p>   | <p>12</p> <p><b>5:30am Powercut Lauren+</b><br/>8:30 Yoga RebeccaG^<br/><b>9:30 Cycling Patch*</b><br/>9:30 RX Fitness Julie+<br/><b>10:30 Line Dance Deb+</b><br/>10:30 Aqua Stretch2o Sue (pool)<br/><b>12:10-12:45 Body Blast Nancy + (35 min)</b><br/>12:10-1:00 Pilates Stacy^<br/><b>5:30 Cardio/strength intervals RebeccaB+</b><br/>5:30 Yoga Judi^<br/><b>6:30 Zumba Toning Joy+</b><br/>6:30 Cycling Nancy*</p> | <p>13</p> <p><b>5:30 Cycling Johna*</b><br/>5:45-6:45am Yoga Stacy^<br/><b>8:30 RESTORE Carol^</b><br/>9:30 Deep Stretch RebeccaG^<br/><b>10:30 Aqua Aerobics (pool) Betsy</b><br/>10:30 Low aerobics/tone Kim+<br/><b>12:10-12:55 Yoga Stacy ^</b><br/>1:00 RX Fitness Julie+<br/><b>5:30 Cycling Patch*</b><br/>5:30 Step/sculpt Amy+<br/><b>5:30 Pilates Ginny^</b><br/>6:30 Total Body Conditioning Nancy+<br/><b>6:30 Aqua dance Toshia(pool)</b></p>  | <p>14</p> <p><b>5:30am Kettlebell Johna+</b><br/>8:30 Barre Combo Ginny^<br/><b>9:30 Cycle Ginny*</b><br/>9:30 RX Fitness Deb+<br/><b>10:30 Chair Yoga RebeccaG+</b><br/>10:30Aqua aerobics Betsy (pool)<br/><b>12:10 Body blast Nancy+</b><br/>5:30 RESTORE Carol^<br/><b>5:30 Bootcamp Lauren+</b><br/>6:30 Zumba Joy+</p>   | <p>15</p> <p><b>5:30 Cycling Lauren*</b><br/>5:45-6:45am Yoga Stacy^<br/><b>8:30 RESTORE Carol^</b><br/>9:30 Deep Stretch Suzette^<br/><b>10:30 Aqua aerobics (pool) Betsy</b><br/>10:30 Low Aerobics Kim+<br/><b>10:30 Beginners Pilates (30 min) Suzette^</b><br/>12:10 Cycling Nancy*<br/><b>12:10 Pilates Suzette^</b><br/>1:00 RX Fitness kimp+<br/><b>5:30 Cycling Patch*</b><br/>5:30 Yoga kelly^<br/><b>5:30 Total Body Conditioning lauren+</b><br/>6:30 Aqua Dance Toshia (pool)</p> | <p>16</p> <p><b>5:30am cardio intervals Johna+</b><br/>8:30 Yoga Stacy^<br/><b>9:30 Cycling patch*</b><br/>9:30 RX Fitness Deb+<br/><b>10:30 Aqua Stretch2o Sue (pool)</b><br/>10:30 Line Dancing Deb+<br/><b>12:10-12:45 Body Blast Nancy+</b></p>   | <p>17</p> <p><b>8:30 Cycling Lauren*</b><br/>9:30 Total Body Conditioning Lauren+<br/><b>9:30 Yoga Mary^</b><br/>9:30 NO Level Up Kids Class- Court B-ages 7-12<br/><b>11:00 Aqua aerobics Toshia (pool)</b></p> |
| <p>18</p> <p><b>2:45 Yoga Mary^ ( 1 hour, 15 min)</b><br/>4:00-4:45 Zumba Joy+</p> | <p>19</p> <p><b>5:30am Powercut Lauren+</b><br/>8:30 Yoga RebeccaG^<br/><b>9:30 Cycling Patch*</b><br/>9:30 RX Fitness Julie+<br/><b>10:30 Line Dance kimp+</b><br/>10:30 Aqua Stretch2o Sue (pool)<br/><b>12:10-12:45 Body Blast Nancy+ (35 min)</b><br/>12:10-1:00 Pilates Stacy^<br/><b>5:30 Cardio/strength intervals RebeccaB+</b><br/>5:30 Yoga Judi^<br/><b>6:30 Zumba toning Joy+</b><br/>6:30 Cycling Nancy*</p> | <p>20</p> <p><b>5:30 Cycling Johna*</b><br/>5:45-6:45am Yoga Stacy^<br/><b>8:30 RESTORE Carol^</b><br/>9:30 Deep Stretch RebeccaG^<br/><b>10:30 Aqua Aerobics (pool) Betsy</b><br/>10:30 Low aerobics/tone Kim+<br/><b>12:10-12:55 Yoga Stacy ^</b><br/>1:00 RX Fitness Julie+<br/><b>5:30 Cycling Patch*</b><br/>5:30 Step/sculpt Amy+<br/><b>5:30 Pilates Ginny^</b><br/>6:30 Total Body Conditioning Nancy+<br/><b>6:30 Aqua dance Toshia (pool)</b></p> | <p>21</p> <p><b>5:30am Kettlebell Johna+</b><br/>8:30 Barre Combo Ginny^<br/><b>9:30 Cycle Ginny*</b><br/>9:30 RX Fitness Julie+<br/><b>10:30 Chair Yoga Rebecca G+</b><br/>10:30Aqua aerobics Betsy (pool)<br/><b>12:10 Body blast Nancy+</b><br/>5:30 RESTORE Carol^<br/><b>5:30 Bootcamp Ginny+</b><br/>6:30 Zumba Joy+</p> | <p>22</p> <p><b>5:30 Cycling Lauren*</b><br/>5:45-6:45am Yoga Stacy^<br/><b>8:30 RESTORE Carol^</b><br/>9:30 Deep Stretch Suzette^<br/><b>10:30 Aqua total body Sue (pool)</b><br/>10:30 Low Aerobics Kim+<br/><b>10:30 Beginners Pilates (30 mins)</b><br/>12:10 Cycling Nancy*<br/><b>12:10 Pilates Suzette^</b><br/>1:00 RX Fitness Julie+<br/><b>5:30 NO Cycling *</b><br/>5:30 Yoga Kelly^<br/><b>5:30 Total Body Conditioning Amy+</b><br/>6:30 Aqua Dance Toshia (pool)</p>             | <p>23</p> <p><b>5:30am Cardio Intervals Johna+</b><br/>8:30 Yoga Kelly^<br/><b>9:30 Cycling Patch*</b><br/>9:30 RX Fitness Julie+<br/><b>10:30 No Line Dancing +</b><br/>10:30 Aqua Stretch2o Sue (pool)<br/><b>12:10-12:45 Body Blast Nancy+</b></p> | <p>24</p> <p><b>8:30 Cycling Nancy*</b><br/>9:30 Total Body Conditioning Nancy+<br/><b>9:30 Yoga Judi^</b><br/>9:30 Level Up Kids Class- Court B-ages 7-12<br/><b>11:00 Aqua Dance Toshia (pool)</b></p>         |
| <p>25</p> <p><b>2:45 Yoga Lee^ (1 hour, 15 min)</b><br/>4:00-4:45 NO Zumba</p>     | <p>26</p> <p><b>CLOSED</b><br/><b>Happy Memorial Day</b></p>  | <p>27</p> <p><b>5:30 Cycling Johna*</b><br/>5:45-6:45am Yoga Stacy^<br/><b>8:30 RESTORE Carol^</b><br/>9:30 Deep Stretch RebeccaG^<br/><b>10:30 Aqua Total Body Sue (pool)</b><br/>10:30 Low aerobics Kim+<br/><b>12:10-12:55 Yoga Stacy ^</b><br/>1:00 RX Fitness Julie+<br/><b>5:30 Cycling Patch*</b><br/>5:30 Step/sculpt Amy+<br/><b>5:30 Pilates Ginny^</b><br/>6:30 Total Body Conditioning Nancy+<br/><b>6:30 Aqua dance Toshia(pool)</b></p>       | <p>28</p> <p><b>5:30am Kettlebell Johna+</b><br/>8:30 Barre Combo Ginny^<br/><b>9:30 Cycle Ginny*</b><br/>9:30 RX Fitness Julie+<br/><b>10:30 Chair Yoga RebeccaG+</b><br/>10:30Aqua Betsy (pool)<br/><b>12:10 Body blast Nancy+</b><br/>5:30 RESTORE Carol^<br/><b>5:30 Bootcamp Lauren+</b><br/>6:30 Zumba Joy+</p>          | <p>29</p> <p><b>5:30 Cycling Lauren*</b><br/>5:45-6:45am Yoga Stacy^<br/><b>8:30 RESTORE Carol^</b><br/>9:30 Deep Stretch Suzette^<br/><b>10:30 Aqua Betsy (pool)</b><br/>10:30 Low Aerobics Kim+<br/><b>10:30 Beginners Pilates suzette (30 mins)</b><br/>12:10 Cycling Nancy*<br/><b>12:10 Pilates Suzette^</b><br/>1:00 RX Fitness Julie+<br/><b>5:30 Cycling Patch*</b><br/>5:30 Yoga judi^<br/><b>5:30 Total Body Conditioning Lauren+</b><br/>6:30 Aqua Dance Toshia (pool)</p>          | <p>30</p> <p><b>5:30am Cardio Intervals Johna+</b><br/>8:30 Yoga Stacy^<br/><b>9:30 Cycling Nancy*</b><br/>9:30 RX Fitness Julie+<br/><b>10:30 Line Dancing Deb+</b><br/>10:30 Aqua Stretch2o Sue (pool)<br/><b>12:10-12:45 Body Blast Nancy+</b></p> | <p>31</p> <p><b>8:30 Cycling Nancy*</b><br/>9:30 Total Body Conditioning Nancy+<br/><b>9:30 Yoga Asia^</b><br/>9:30 Level Up Kids Class- Court B-ages 7-12<br/><b>11:00 Aqua Dance Toshia (pool)</b></p>         |