




FOUNDATION YMCA MAY 2026 GROUP EX CLASS SCHEDULE

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

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| Hours of Operation | Child Watch Hours | Fitness Class Announcements |
| <p>Monday-Thurs 5am-9pm</p> <p>Friday 5am-8pm</p> <p>Saturday 7am-4pm</p> <p>Sunday 11am-5pm</p> | <p>Monday-Thursday 8:15 am-1 pm 5:00 pm-7:30 pm</p> <p>Friday 8:15 am-1 pm</p> <p>Saturday 8:00 am-11 am</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>5:30am Cardio Intervals Johna+ 8:30 am RX Fitness Julie+ 35 min</p> <p>8:30 YOGA Stacy^</p> <p>9:30 Cycling RebeccaB*</p> <p>9:30 RX Fitness Julie+ 10:30 Line Dancing Deb^</p> <p>10:30 Aqua Stretch2o Sue (pool) 12:10-12:45 Body Blast Joanna+</p> | <p>2</p> <p>8:30 Cycling RebeccaB* 9:30 Total Body Conditioning RebeccaB+</p> <p>9:30- Yoga Judi^ (1 hour, 15 min) 9:30 Level Up Kids Class- Court B-ages 7-12</p> <p>11:00 am Aqua Total Body (pool) Sue</p> |
| <p>3</p> <p>2:45 Yoga Judi^ (1 hour, 15 min) 4:00-4:45 Zumba Joy+</p> | <p>4</p> <p>5:30am Powercut Johna+ 7:00am Pilates Lee^</p> <p>8:30 am Rx Fitness Julie + 35 min 8:30 Yoga RebeccaG^</p> <p>9:30 Cycling Patch* 9:30 RX Fitness Julie+</p> <p>10:30 Line Dance Deb+ 10:30 Aqua Stretch2o Sue(pool)</p> <p>12:10-12:45 Body Blast Nancy+ (35 min) 12:10-1:00 Pilates Suzette^</p> <p>5:30 Cardio/strength intervals RebeccaB+ 5:30 Yoga Judi^</p> <p>6:30 Zumba Toning Joy+ 6:30 Rhythm Ride Jordan*</p> | <p>5</p> <p>5:30 NO Cycling * 5:45-6:45am NO Yoga^</p> <p>8:30 RESTORE Carol^ 9:30 Deep Stretch RebeccaG^</p> <p>10:30 Aqua Aerobics (pool) Sue 10:30 Low aerobics Joanna+</p> <p>12:10-12:55 Yoga Erin^ 1:00 RX Fitness Julie+</p> <p>2:00 Parkinson's Class 5:30 Cycling Patch*</p> <p>5:30 Step/sculpt Amy+ 5:30 Pilates Ginny^</p> <p>6:30 Total Body Conditioning Nancy+</p> | <p>6</p> <p>5:30am Kettlebell Johna+ 7:00am Yoga Lee^</p> <p>8:30 am RX Fitness Julie+ 35 mins 8:30 Barre Combo Ginny^</p> <p>9:30 Cycle Ginny* 9:30 RX Fitness Julie+</p> <p>10:30 Chair Yoga RebeccaG+ 10:30 NO Aqua (pool)</p> <p>12:10 Body blast Nancy+ 5:30 RESTORE Carol^</p> <p>5:30 Bootcamp RebeccaB+ 6:30 NO Zumba+</p> | <p>7</p> <p>5:30 Cycling Johna* 5:45-6:45am NO Yoga ^</p> <p>8:30 RESTORE Carol^ 9:30 Deep Stretch Suzette^</p> <p>10:30 CLASS Beginners PilatesSuzette ^ 10:30 Aqua aerobics (pool) Sue</p> <p>10:30 Low Aerobics Joanna+ 12:10 Cycling Nancy*</p> <p>12:10 Pilates Suzette^ 1:00 RX Fitness Julie+</p> <p>2:00 Parkinson's Class 5:30 Cycling Patch*</p> <p>5:30 Yin Yoga Kelly^ 5:30 Total Body Conditioning RebeccaB+</p> | <p>8</p> <p>5:30am Cardio Intervals Johna+ 8:30 am 35Min RX Fitness Julie+</p> <p>8:30 YOGA Kelly^ 9:30 Cycling RebeccaB*</p> <p>9:30 RX Fitness Julie+ 10:30 Line Dancing Deb^</p> <p>10:30 Aqua Stretch2o Sue (pool) 12:10-12:45 Body Blast Nancy+</p> | <p>9</p> <p>8:30 Cycling Nancy* 9:30 Total Body Conditioning Nancy+</p> <p>9:30- Yoga Lee^ (1 hour, 15 min) 9:30 Level Up Kids Class- Court B-ages 7-12</p> <p>11:00 am Aqua Total Body (pool) Sue</p> |

+ Group X Studio
^ Mind Body Studio
*Cycling room

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|---|--|--|
| <p>10</p> <p>2:45 Yoga Judi^ (1 hour, 15 min) 4:00-4:45 Zumba Joy+</p> | <p>11</p> <p>5:30am Powercut Lauren+ 7:00am Pilates Lee^ 8:30 am Rx Fitness Julie + 35 mins 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 Rhythm Ride Jordan*</p> | <p>12</p> <p>5:30 Cycling Johna* 5:45-6:45am Yoga Stacy^ 8:30 RESTORE Carol 9:30 Deep Stretch RebeccaG^ 10:30 Aqua Aerobics (pool) Sue 10:30 Low aerobics Joanna+ 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>13</p> <p>5:30am Kettlebell Johna+ 7:00am Yoga Lee^ 8:30 am RX Fitness Julie+ 35 mins 8:30 Barre Combo Ginny ^ 9:30 Cycle Ginny* 9:30 RX Fitness Julie+ 10:30 Chair Yoga RebeccaG+ 10:30 NO CLASS Aqua(pool) 12:10 Body blast Nancy+ 5:30 RESTORE Carol^ 5:30 Bootcamp Lauren+ 6:30 Zumba Joy+</p> | <p>14</p> <p>5:30 Cycling Lauren* 5:45-6:45am Yoga Stacy^ 8:30 RESTORE Carol^ 9:30 Deep Stretch Suzette^ 10:30 Beginners Pilates Suzette(45Min)^ 10:30 Aqua aerobics Sue(pool) 10:30 Low Aerobics Joanna+ 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>15</p> <p>5:30am Cardio Intervals Johna+ 8:30 am RX Fitness Julie+ 35 mins 8:30 YOGA Stacy^ 9:30 Cycling Joanna* 9:30 RX Fitness Julie+ 10:30 Line Dancing Deb^ 10:30 Aqua Stretch2o Sue (pool) 12:10-12:45 Body Blast Joanna+</p> | <p>16</p> <p>8:30 Cycling Lauren* 9:30 Total Body Conditioning Lauren+ 9:30 Yoga Judi^ 9:30 NO CLASS Level Up Kids Class- Court B-ages 7-12 11:00am Aqua total body Sue (pool)</p> |
| <p>17</p> <p>2:45 Yoga Lee^ (1 hour, 15 min) 4:00-4:45 Zumba Joy+</p> | <p>18</p> <p>5:30am Powercut Lauren+ 7:00am Pilates Lee^ 8:30 am Rx Fitness Julie + 35 mins 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 Rhythm Ride Jordan*</p> | <p>19</p> <p>5:30 Cycling Johna* 5:45-6:45am Yoga Stacy^ 8:30 NO RESTORE 9:30 Deep Stretch RebeccaG^ 10:30 NO Aqua Aerobics (pool) 10:30 Low aerobics Joanna+ 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>20</p> <p>5:30am Kettlebell Johna+ 7:00am Yoga Lee^ 8:30 am RX Fitness Julie+ 35 mins 8:30 Barre Combo Ginny ^ 9:30 Cycle Ginny* 9:30 RX Fitness Julie+ 10:30 Chair Yoga RebeccaG+ 10:30 NO Aqua Aerobics (pool) 12:10 Body blast Nancy+ 5:30 RESTORE Carol^ 5:30 Bootcamp Ginny+ 6:30 Zumba Joy+</p> | <p>21</p> <p>5:30 Cycling Lauren* 5:45-6:45am Yoga Stacy^ 8:30 RESTORE Carol^ 9:30 Deep Stretch Joanna^ 10:30 NO Beginners Pilates ^ 10:30 Aqua aerobics Sue (pool) 10:30 Low Aerobics Joanna+ 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 RebeccaB+</p> | <p>22</p> <p>5:30am Cardio Intervals Johna+ 8:30 am RX Fitness Julie+ 35 mins 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>23</p> <p>8:30 Cycling Joanna* 9:30 Total Body Conditioning Joanna+ 9:30 Yoga Asia^ 9:30 Level Up Kids Class- Court B-ages 7-12 11:00 am Aqua Total Body Sue (pool)</p> |
| <p>24</p> <p>2:45-4 Yoga Judi^ 4:00-4:45 Zumba Joy+</p> | <p>25</p> <p style="text-align: center;">C L O S E D</p>  | <p>26</p> <p>5:30 Cycling Johna* 5:45-6:45am Yoga Stacy^ 8:30 RESTORE Carol 9:30 Deep Stretch RebeccaG^ 10:30 Aqua Aerobics (pool) Sue 10:30 Low aerobics Joanna+ 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>27</p> <p>5:30am Kettlebell Johna+ 7:00am Yoga Lee^ 8:30 am RX Fitness Julie+ 35 mins 8:30 Barre Combo Ginny ^ 9:30 Cycle Ginny* 9:30 RX Fitness Julie+ 10:30 Chair Yoga RebeccaG+ 10:30Aqua Aerobics Sue (pool) 12:10 Body blast Nancy+ 5:30 RESTORE Carol^ 5:30 Bootcamp Lauren+ 6:30 Zumba Joy+</p> | <p>28</p> <p>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 Sue (pool) 10:30 Low Aerobics Joanna+ 12:10 Cycling Nancy* 12:10 Pilates Suzette^ 1:00 RX Fitness Julie+ 2:00 Parkinson's Class 5:30 Cycling Jordan* 5:30 Yoga Lee^ 5:30 Total Body Conditioning RebeccaB+</p> | <p>29</p> <p>5:30am Cardio Intervals Johna+ 8:30 am NO RX Fitness+ 8:30 YOGA Stacy^ 9:30 Cycling RebeccaB* 9:30 RX Fitness Deb+ 10:30 Line Dancing Deb^ 10:30 Aqua Stretch2o Sue (pool) 12:10-12:45 Body Blast Nancy+</p> | <p>30</p> <p>8:30 Cycling Jordan* 9:30 Total Body Conditioning nancy+ 9:30-10:45am Yoga Mary^ 9:30 Level Up Kids Class- Court B-ages 7-12 11:00 am Aqua Total Body Sue (pool)</p> |
| <p>31</p> <p>2:45-4 Yoga Kelly^ 4:00-4:45 Zumba Joy+</p> | | | | | | <p>+ Group X Studio</p> <p>^ Mind Body Studio</p> <p>*Cycling room</p> |