the YMCA FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

FOUNDATION YMCA NOVEMBER 2026

GROUP EX CLASS SCHEDULE

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

Hours of Operation

Monday-Thurs	5am-9pm
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 Stacy^ (1 hour, 15 min)** 4:00-4:45 Zumba Joy+ + Group X Studio ^ Mind Body Studio *Cycling room	**2** **5:30am Powercut Johna+** 7:00am Pilates Lee^ **8:30 am Rx Fitness Julie + 35 mins** 8:30 Yoga RebeccaG^ **9:30 Cycling RebeccaB*** 9:30 RX Fitness Julie+ **9:30 Aqua Stretch2o Sue(pool)** 10:30 Line Dance Deb+ **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^ **5:30 Cycling MichelleP*** 6:30 Zumba Toning Joy+	**3** **5:30 Cycling Lauren*** 5:45-6:45am Yoga Stacy^ **8:30 RESTORE Carol ^** 9:30 Deep Stretch RebeccaG^ **9:30 Aqua Aerobics (pool) Sue** 10:30 Low aerobics Julie+ **12:10-12:55 Yoga Stacy^** 1:00 RX Fitness Julie+ **2:00 Parkinson's Class** 5:30 Cycling Patch* **5:30 Step/sculpt RebeccaB+** 5:30 Pilates Suzette^ **6:30 Total Body Conditioning Nancy+**	**4** **5:30am Kettlebell Johna+** 7:00 am Pilates Lee **8:30 am RX Fitness Julie+ 35 mins** 8:30 Barre Combo RebeccaB^ **9:30 Cycle Johna*** 9:30 RX Fitness Julie+ **9:30 Aqua (pool) Sue** 10:30 Chair Yoga RebeccaG+ **12:10 Body blast Nancy+** 5:30 RESTORE Carol^ **5:30 Bootcamp Lauren+** 6:30 Zumba joy+	**5** **5:30 Cycling Lauren*** 5:45-6:45am Yoga Stacy^ **8:30 RESTORE Carol^** 9:30 Deep Stretch Suzette^ **9:30 Aqua aerobics (pool) Sue** 10:30 Pilates Suzette^ **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 Yin Yoga Kelly^** 5:30 Total Body Conditioning MichelleP+ **6:30pm Xtreme Hip Hop Step MichelleB+**	**6** **5:30am Cardio Intervals Johna+** 8:30 am 35 Min RX Fitness Julie+ **8:30 YOGA Stacy^** 9:30 RX Fitness Julie+ **9:30 Aqua Stretch2o Sue (pool)** 10:30 Line Dancing Deb + **12:10-12:45 Body Blast Nancy+**	**7** **8:30 Cycling Lauren*** 9:30 Total Body Conditioning Lauren+ **9:30- Yoga Lee^ (1 hour, 15 min)** 9:30 Level Up Kids Class- Court B-ages 7-12 **11:00 am Aqua Total Body (pool) Sue**
8 **2:45 Yoga Stacy^ (1 hour, 15 min)** 4:00-4:45 NO Zumba Joy+	**9** **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+ **9:30 Aqua Stretch2o Sue(pool)** 10:30 Line Dance Deb+ **12:10-12:45 Body Blast Nancy+ (35 min)** 12:10-1:00 Pilates Suzette^ **5:30 Cardio/strength intervals Joanna/ RebeccaB+** 5:30 Yoga Judi^ **5:30 Cycling MichelleP*** 6:30 Zumba Toning Joy+	**10** **5:30 Cycling Lauren*** 5:45-6:45am Yoga Stacy^ **8:30 NO RESTORE ^** 9:30 Deep Stretch RebeccaG^ **9:30 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 RebeccaB+** 5:30 Pilates Ginny^ **6:30 Total Body Conditioning Nancy+**	**11** **5:30am Kettlebell Lauren+** 7:00 am Pilates Lee **8:30 am RX Fitness Julie+ 35 mins** 8:30 Barre Combo Ginny^ **9:30 Cycle Patch*** 9:30 RX Fitness Julie+ **9:30 Aqua (pool) Sue** 10:30 Chair Yoga RebeccaG+ **12:10 Body blast Nancy+** 5:30 NO RESTORE Carol^ **5:30 Bootcamp Lauren+** 6:30 NO Zumba joy+	**12** **5:30 Cycling Lauren*** 5:45-6:45am Yoga Stacy^ **8:30 NO RESTORE Carol^** 9:30 Deep Stretch Suzette^ **9:30 Aqua aerobics (pool) Sue** 10:30 Pilates Suzette^ **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 Yin Yoga Kelly^** 5:30 Total Body Conditioning MichelleP+ **6:30pm Xtreme Hip Hop Step MichelleB+**	**13** **5:30am Cardio Intervals Johna+** 8:30 am 35 Min RX Fitness Julie+ **8:30 YOGA Lee^** 9:30 RX Fitness Julie+ **9:30 Aqua Stretch2o Sue (pool)** 10:30 Line Dancing Deb+ **12:10-12:45 Body Blast RebeccaB+**	**14** **8:30 Cycling RebeccaB*** 9:30 Total Body Conditioning RebeccaB+ **9:30- Yoga Lee^ (1 hour, 15 min)** 9:30 Level Up Kids Class- Court B-ages 7-12 **11:00 am NO Aqua Total Body (pool) Sue** **ROBIN RUN** **Race starts at 7am**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15 **2:45 Yoga Mary^ (1 hour, 15 min)** 4:00-4:45 Zumba Joy+	**16** **5:30am Powercut Johna+** 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+ **9:30 Aqua Stretch2o Sue(pool)** 10:30 Line Dance Deb+ **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^ **5:30 Cycling MichelleP*** 6:30 Zumba Toning Joy+	**17** **5:30 Cycling Lauren*** 5:45-6:45am Yoga Stacy^ **8:30 NO RESTORE ^** 9:30 Deep Stretch RebeccaG^ **9:30 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 RebeccaB+** 5:30 Pilates Ginny^ **6:30 Total Body Conditioning Nancy+**	**18** **5:30am Kettlebell Johna+** 7:00 am Pilates Lee **8:30 am RX Fitness Julie+ 35 mins** 8:30 Barre Combo Ginny^ **9:30 Cycle RebeccaB*** 9:30 RX Fitness Julie+ **9:30 Aqua (pool) Sue** 10:30 Chair Yoga RebeccaG+ **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 Suzette^ **9:30 Aqua aerobics (pool) Sue** 10:30 Pilates Suzette^ **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 Yin Yoga Kelly^** 5:30 Total Body Conditioning MichelleP+ **6:30pm Xtreme Hip Hop Step MichelleB+**	**20** **5:30am Cardio Intervals Johna+** 8:30 am 35 Min RX Fitness Julie+ **8:30 YOGA Stacy^** 9:30 RX Fitness Julie+ **9:30 Aqua Stretch2o Sue (pool)** 10:30 Line Dancing Deb+ **12:10-12:45 Body Blast Nancy+**	**21** **8:30 Cycling Joanna*** 9:30 Total Body Conditioning Joanna+ **9:30- Yoga Asia^ (1 hour, 15 min)** 9:30 Level Up Kids Class- Court B-ages 7-12 **11:00 am Aqua Total Body (pool) Sue**
22 **2:45 Yoga Amy^ (1 hour, 15 min)** 4:00-4:45 Zumba Joy+	**23** **5:30am Powercut Johna+** 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+ **9:30 Aqua Stretch2o Sue(pool)** 10:30 Line Dance Deb+ **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^ **5:30 Cycling MichelleP*** 6:30 Zumba Toning Joy+	**24** **5:30 Cycling Lauren*** 5:45-6:45am NO Yoga^ **8:30 RESTORE Carol^** 9:30 Deep Stretch RebeccaG^ **9:30 Aqua Aerobics (pool) Sue** 10:30 Low aerobics Julie+ **12:10-12:55 Yoga RebeccaG^** 1:00 RX Fitness Julie+ **2:00 Parkinson's Class** 5:30 Cycling Patch* **5:30 Step/sculpt RebeccaB+** 5:30 Pilates Ginny^ **6:30 Total Body Conditioning Nancy+**	**25** **5:30am Kettlebell Johna+** 7:00 am Pilates Lee **8:30 am RX Fitness Julie+ 35 mins** 8:30 Barre Combo Ginny^ **9:30 Cycle Lauren*** 9:30 RX Fitness Julie+ **9:30 Aqua (pool) Sue** 10:30 Chair Yoga RebeccaG+ **12:10 Body blast Nancy+** YMCA CLOSING AT 6PM	**26** **CLOSED** **Happy Thanksgiving** 	**27** 8:30 am 35 Min RX Fitness Julie+ **8:30 YOGA RebeccaG^** 9:30 RX Fitness Julie+ **9:30 Aqua Stretch2o Sue (pool)** 10:30 NO Line Dancing+ **12:10-12:45 Body Blast Nancy+**	**28** **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 am Aqua Total Body (pool) Sue**
29 **2:45 Yoga Amy^ (1 hour, 15 min)** 4:00-4:45 Zumba Joy+	**30** **5:30am Powercut Johna+** 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+ **9:30 Aqua Stretch2o Sue(pool)** 10:30 Line Dance Deb+ **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^ **5:30 Cycling MichelleP*** 6:30 Zumba Toning Joy+					+ Group X Studio ^ Mind Body Studio *Cycling room