


NOVEMBER GROUP EX CLASS SCHEDULE

Foundation YMCA

233 Nash Street N Wilson, NC 27893 • 252.291.9622 • wilsonymca.org

Hours of Operation	Child Watch Hours	Fitness Class Announcements
<p>Monday-Friday 5am-8pm</p> <p>Saturday 7am-4pm</p> <p>Sunday 11am-5pm</p>	<p>Monday-Thursday 9am-1pm 5:00 pm-7:30pm</p> <p>Friday 9am-1pm</p> <p>Saturday 8:30am-11am</p> <p>Sunday CLOSED</p>	<p>Please download the Y APP to stay informed on class cancellations and changes; check with the front desk and they will be happy to assist you</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All classes are 50 minutes unless otherwise stated</p> <p>Group x Studio + mind/body room ^ Cycling Studio*</p>			<p>1</p> <p>5:30am Kettlebell Johna+ 8:30 Barre Combo Ginny^</p> <p>9:30 Cycling Ginny* 9:30 RX Fitness KimK+</p> <p>10:30 Chair Yoga RebeccaG+ 10:30Aqua Aerobics (pool) Betsy</p> <p>12:10 Body blast Nancy+ 5:30 RESTORE KimB^</p> <p>5:30 Bootcamp Tom+ 6:30 Zumba Joy+</p>	<p>2</p> <p>5:30 Cycling Johna * 5:45-6:45am Yoga Stacy^</p> <p>8:30 RESTORE KimB^ 9:30 Deep Stretch Suzette^</p> <p>10:30 Aqua Aerobics (pool) Betsy 10:30 Beginners Pilates Suzette^</p> <p>10:30 Low Aerobics Johna+ 12:10 Cycling Nancy</p> <p>12:10 Pilates Suzette^ 1:00 RX Fitness Julie+</p> <p>5:30 Cycling Patch* 5:30 Youth Fit Demetrius +</p> <p>5:30 Yin Yoga Kelly^ 6:30 Total Body Conditioning RebeccaB+</p> <p>6:30 Aqua Dance Marisol</p>	<p>3</p> <p>5:30am Cardio Intervals Johna+ 8:30 Yoga Stacy^</p> <p>9:30 Cycling RebeccaB* 9:30RX Fitness Julie+</p> <p>10:30 Line Dancing Deb+ 10:30 Aqua Stretch2o Sue (pool)</p> <p>12:10-12:45 Body Blast Nancy+</p>	<p>4</p> <p>8:30 Cycling Nancy 9:30 Total Body Conditioning Nancy+</p> <p>9:30 Yoga Erin^ (1 hour, 15 min) 11:00 Aqua Dance (pool) Marisol</p>
<p>5</p> <p>2:45 Yoga RebeccaG^ (1 hour, 15 min) 4:00-4:45 NO Zumba</p>	<p>6</p> <p>5:30am Powercut Johna+ 8:30 Yoga RebeccaG^</p> <p>8:30 Powercut Terry+ 9:30 Cycling Patch*</p> <p>9:30 RX Fitness KimP+ 10:30 Line Dance Deb+</p> <p>10:30 Aqua Stretch2o Sue (pool) 12:10-12:45 Body Blast Nancy+(35 min)</p> <p>12:10-1:00 Pilates Suzette^ 5:30 Cardio/strength intervals Johna+</p> <p>5:30 Yoga Judi^ 6:30 Cycling Nancy*</p> <p>6:30 Zumba Toning Joy+</p>	<p>7</p> <p>5:30 Cycling RebeccaB* 5:45-6:45am Yoga Stacy^</p> <p>8:30 RESTORE Carol^ 9:30 Deep Stretch RebeccaG^</p> <p>10:30 Aqua Aerobics (pool) Betsy 10:30 Low aerobics Kim+</p> <p>12:10-12:55 Yoga Stacy ^ 1:00 RX Fitness RebeccaB+</p> <p>5:30 Cycling Patch* 5:30 Step/sculpt Amy+</p> <p>5:30 Pilates Ginny^ 6:30 Total Body Conditioning Nancy+</p> <p>6:30 Aqua dance(pool) Marisol</p>	<p>8</p> <p>5:30am Kettlebell Johna+ 8:30 Barre Class Ginny^</p> <p>9:30 Cycling Ginny* 9:30 RX Fitness Kim K+</p> <p>10:30 Chair Yoga RebeccaG+ 10:30Aqua Aerobics (pool) Betsy</p> <p>12:10 Body blast Nancy+ 5:30 RESTORE Carol^</p> <p>5:30 Bootcamp Tom+ 6:30 Zumba Joy+</p>	<p>9</p> <p>5:30 Cycling Johna * 5:45 Yoga Stacy^</p> <p>8:30 RESTORE Carol^ 9:30 Deep Stretch Suzette^</p> <p>10:30 Beginners Pilates Suzette^ 10:30 Aqua Betsy</p> <p>10:30 Low Aerobics Kim+ 12:10 Cycling Nancy</p> <p>12:10 Pilates Suzette+ 1:00 RX Fitness RebeccaB+</p> <p>5:30 Youth Fit Demetrius + 5:30 Cycling Patch*</p> <p>5:30 Yoga Kelly^ 6:30 Aqua dance Marisol</p> <p>6:30Total Body RebeccaB+</p>	<p>10</p> <p>5:30am Cardio Intervals Johna+ 8:30 YOGA Stacy^</p> <p>9:30 Cycling RebeccaB* 9:30RX Fitness KimK+</p> <p>10:30 Line Dancing Deb^ 10:30 Aqua Stretch2o Sue (pool)</p> <p>12:10-12:45 Body Blast RebeccaB^</p>	<p>11</p> <p>8:30 Cycling RebeccaB* 9:30 Total Body Conditioning Amy+</p> <p>9:30 Yoga Kelly^ (1 hour, 15 min) 11:00 Aqua Dance(pool) Marisol</p> <p>JOIN US FOR THE ROBIN RUN</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>12</p> <p>2:45 Yoga Kelly^ (1 hour, 15 min) 4:00-4:45 Zumba-Joy+</p>	<p>13</p> <p>5:30am Powercut Johna+ 8:30 Yoga RebeccaG^ 8:30 Powercut Terry+ 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 Johna+(35 min) 12:10-1:00 Pilates Suzette^ 5:30 Cardio/strength intervals Johna+ 5:30 Yoga Judi^ 6:30 Cycling Nancy* 6:30 Zumba Toning Joy+</p>	<p>14</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) 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(pool) Marisol</p>	<p>15</p> <p>5:30am Kettlebell Johna+ 8:30 Barre Combo Ginny^ 9:30 Cycling Ginny* 9:30 RX Fitness KimK+ 10:30 Chair Yoga RebeccaG+ 10:30Aqua Aerobics (pool) Betsy 12:10 Body blast Nancy+ 5:30 RESTORE Carol^ 5:30 Bootcamp Tom+ 6:30 Zumba Joy+</p>	<p>16</p> <p>5:30 NO Cycling 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 Julie+ 5:30 Cycling Patch* 5:30 Youth Fit Demetrius + 5:30 Yoga Kelly^ 6:30 Total Body Conditioning RebeccaB+ 6:30 Aqua Dance Marisol</p>	<p>17</p> <p>5:30am Cardio Intervals Johna+ 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>18</p> <p>8:30 Cycling Johna* 9:30 Total Body Conditioning RebeccaB+ 9:30 Yoga Judi^ (1 hour, 15 min) 11:00 Aqua Dance Marisol</p>
<p>19</p> <p>2:45 Yoga Asia^ (1 hour, 15 min) 4:00-4:45 Zumba-Joy+</p>	<p>20</p> <p>5:30am Powercut Johna+ 8:30 Yoga RebeccaG^ 8:30 Powercut Terry+ 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 Johna+ 5:30 Yoga Judi^ 6:30 Cycling Nancy* 6:30 Zumba toning Joy+</p>	<p>21</p> <p>5:30 Cycling RebeccaB* 5:45-6:45am Yoga Mary^ 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 Suzette^ 6:30 Total Body Conditioning Nancy+ 6:30 Aqua Dance Marisol</p>	<p>22</p> <p>5:30am Kettlebell Johna+ 8:30 Barre Combo Ginny^ 9:30 Cycling Ginny* 9:30 RX Fitness KimK+ 10:30 Chair Yoga RebeccaG+ 10:30Aqua Aerobics (pool) Betsy 12:10 Body blast Nancy + 5:30 RESTORE Carol^ 5:30 Bootcamp Tom+ 6:30 Zumba Joy+</p>	<p>23</p> <p style="text-align: center;">C L O S E D</p> <p style="text-align: center;"></p> <p style="text-align: center;">HAPPY THANKS GIVING</p>	<p>24</p> <p>5:30am NO Class- Cardio Intervals Johna+ 8:30 Yoga Stacy^ 9:30 Cycling Ginny* 9:30RX Fitness Julie+ 10:30 Aqua Stretch2o Sue (pool) 10:30 NO CLASS-Line Dancing Deb+ 12:10-12:45 Body Blast Nancy+</p>	<p>25</p> <p>8:30 Cycling Ginny* 9:30 Total Body Conditioning Nancy+ 9:30 Yoga Ginny^ 11:00 Aqua Dance(pool) Marisol</p>
<p>26</p> <p>2:45 Yoga RebeccaG^ 4:00-4:45 Zumba-Joy+</p>	<p>27</p> <p>5:30am Powercut Johna+ 8:30 Yoga RebeccaG^ 8:30 Powercut Terry+ 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 Ginny ^ 5:30 Cardio/strength intervals Johna+ 5:30 Yoga Judi^ 6:30 Cycling Nancy* 6:30 Zumba toning Joy</p>	<p>28</p> <p>5:30 Cycling Johna* 5:45-6:45am Yoga Mary^ 8:30 RESTORE Carol^ 9:30 Deep Stretch RebeccaG^ 10:30 Aqua Aerobics (pool) Betsy 10:30 Low aerobics/tone 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 Aqua Dance (pool)Marisol 6:30 Total Body Conditioning Nancy+</p>	<p>29</p> <p>5:30am Kettlebell Johna+ 8:30 Barre Combo Ginny^ 9:30 Cycling Ginny* 9:30 RX Fitness KimK+ 10:30 Chair Yoga Suzette+ 10:30Aqua Aerobics (pool) Betsy 12:10 Body blast Nancy + 5:30 RESTORE Carol^ 5:30 Bootcamp Tom+ 6:30 Zumba Joy+</p>	<p>30</p> <p>5:30 Cycling Johna * 5:45-6:45am Yoga Mary^ 8:30 RESTORE Carol^ 9:30 Deep Stretch Suzette^ 10:30 Aqua Aerobics (pool) Betsy 10:30 Low Aerobics KimP+ 10:30 Beginners Pilates (30 min) Suzette^ 12:10 Cycling Nancy 12:10 Pilates Suzette^ 1:00 RX Fitness Julie+ 5:30 Cycling Patch* 5:30 Youth Fit Demetrius + 5:30 Yoga Kelly^ 6:30 Total Body Conditioning RebeccaB+ 6:30 Aqua Dance Marisol</p>		<p>Group x Studio mind/body room Cycling Studio</p>