

FOUNDATION YMCA OCTOBER GROUP EX CLASS SCHEDULE

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

Hours of Operation	Child Watch Hours	Fitness Class Announcements
Monday-Thurs 5am-9pm Friday 5am-8pm Saturday 7am-4pm Sunday 11am-5pm	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	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
+ Group X Studio ^ Mind Body Studio *Cycling room			1 5:30am Kettlebell Johna+ 8:30 Barre Combo Ginny^ 9:30 Cycle Ginny* 9:30 RX Fitness Kim+ 10:30 Chair Yoga RebeccaG+ 10:30Aqua Betsy(pool) 12:10 Body blast Nancy+ 5:30 RESTORE Carol 5:30 Bootcamp Tom+ 6:30 Zumba Joy+	2 5:30 Cycling Johna* 5:45-6:45am Yoga Stacy^ 8:30 RESTORE Carol 9:30 Deep Stretch Suzette^ 10:30 Beginners Pilates Suzette^ 10:30 Aqua aerobics (pool) Betsy 10:30 Low Aerobics Kim+ 12:10 Cycling Nancy* 12:10 Pilates Sophie^ 1:00 RX Fitness Kim+ 5:30 Cycling Patch* 5:30 Yin Yoga Kelly^ 5:30 Total Body Conditioning Rebecca B+ 6:30 Aqua Dance Toshia (pool)	3 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+	4 8:30 Cycling Rebcca B* 9:30 Total Body Conditioning Lee+ 9:30- Yoga Judi^ (1 hour, 15 min) 9:30 Level Up Kids Class- Court B-ages 7-12 11:00 NO Aqua Dance(pool)
5 2:45 Yoga Lee^ (1 hour, 15 min) 4:00-4:45 Zumba Joy+	6 5:30am Powercut Johna+ 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 Lee+ (35 min) 12:10-1:00 Pilates RebeccaB^ 5:30 Cardio/strength intervals RebeccaB+ 5:30 Yoga Judi^ 6:30 Zumba Toning Joy+ 6:30 Cycling RebeccaB*	7 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 Kim+ 12:10-12:55 Yoga Stacy ^ 1:00 RX Fitness Julie+ 5:30 Cycling Patch* 5:30 Step/sculpt Amy+ 5:30 Barre Combo Ginny^ 6:30 Total Body Conditioning Lee+ 6:30 Aqua dance (pool) Toshia	8 5:30am NO Kettlebell 8:30 Barre Combo Ginny^ 9:30 Cycle Patch* 9:30 RX Fitness Julie+ 10:30 Chair Yoga RebeccaG+ 10:30Aqua Betsy(pool) 12:10 Body blast Lee+ 5:30 NO RESTORE 5:30 Bootcamp tom+ 6:30 Zumba Joy+	9 5:30 NO Cycling 5:45-6:45am Yoga Stacy^ 8:30 NO RESTORE 9:30 Deep Stretch Suzette^ 10:30 Beginners Pilates Suzette^ 10:30 Aqua aerobics (pool) Betsy 10:30 Low Aerobics Kim+ 12:10 Cycling RebeccaB* 12:10 Pilates Sophie^ 1:00 RX Fitness Julie+ 5:30 Cycling Patch* 5:30 Vinyassa Flow Yoga Kelly^ 5:30 Total Body Conditioning Rebecca B+ 6:30 Aqua Dance Toshia (pool)	10 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+	11 8:30 Cycling Nancy* 9:30 Total Body Conditioning Nancy+ 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
12 2:45 Yoga Judi^ (1 hour, 15 min) 4:00-4:45 Zumba Joy+	13 5:30am Powercut Johna+ 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 Sophie^ 5:30 Cardio/strength intervals Rebeccab+ 5:30 Yoga Judi^ 6:30 Zumba Toning Joy+ 6:30 Cycling Nancy*	14 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)	15 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 aerobics Betsy(pool) 12:10 Body blast Nancy+ 5:30 NO RESTORE 5:30 Bootcamp Tom+ 6:30 Zumba Joy+	16 5:30 Cycling Johna* 5:45-6:45am NO Yoga 8:30 NO RESTORE 9:30 Deep Stretch Suzette^ 10:30 Beginners Pilates Suzette^ 10:30 Aqua aerobics (pool) Betsy 10:30 Low Aerobics Kim+ 12:10 Cycling Nancy* 12:10 Pilates Sophie^ 1:00 RX Fitness Julie+ 5:30 Cycling Patch* 5:30 Vinyassa Flow Yoga Kelly^ 5:30 Total Body Conditioning RebeccaB+ 6:30 Aqua Dance Toshia (pool)	17 5:30am cardio intervals Johna+ 8:30 Yoga Rebecca G^ 9:30 Cycling Rebeccab* 9:30 RX Fitness Julie+ 10:30 Aqua Stretch2o Sue (pool) 10:30 Line Dancing Deb+ 12:10-12:45 Body Blast Nancy+	18 8:30 Cycling Nancy* 9:30 Total Body Conditioning Nancy+ 9:30 Yoga Asia^ 9:30 NO Level Up Kids Class- Court B-ages 7-12 11:00 Aqua aerobics Toshia (pool)
19 2:45 Yoga Judi^ (1 hour, 15 min) 4:00-4:45 Zumba Joy+	20 5:30am Powercut Johna+ 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 Sophie^ 5:30 Cardio/strength intervals RebeccaB+ 5:30 Yoga Judi^ 6:30 Zumba toning Joy+ 6:30 Cycling Nancy*	21 5:30 Cycling Johna* 5:45-6:45am NO Yoga 8:30 NO RESTORE 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)	22 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 NO RESTORE 5:30 Bootcamp Tom+ 6:30 Zumba Joy+	23 5:30 Cycling Johna* 5:45-6:45am Yoga Stacy^ 8:30 NO RESTORE 9:30 Deep Stretch Suzette^ 10:30 Beginners Pilates Suzette^ 10:30 Aqua aerobics (pool) Betsy 10:30 Low Aerobics Kim+ 12:10 Cycling Nancy* 12:10 Pilates Sophie^ 1:00 RX Fitness Julie+ 5:30 Cycling Patch* 5:30 Yoga Judi^ 5:30 Total Body Conditioning RebeccaB+ 6:30 Aqua Dance Toshia (pool)	24 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+	25 8:30 Cycling Ginny* 9:30 Total Body Conditioning Ginny+ 9:30 Yoga Asia^ 9:30 Level Up Kids Class- Court B-ages 7-12 11:00 Aqua Dance Toshia (pool)
26 2:45 Yoga Judi^ (1 hour, 15 min) 4:00-4:45 NO Zumba	27 5:30am Powercut Johna+ 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 Sophie^ 5:30 Cardio/strength intervals RebeccaB+ 5:30 Yoga Judi^ 6:30 NO Zumba toning 6:30 Cycling Nancy*	28 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)	29 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 Tom+ 6:30 No Zumba	30 5:30 Cycling Johna* 5:45-6:45am Yoga Stacy^ 8:30 RESTORE Carol^ 9:30 Deep Stretch Suzette^ 10:30 Beginners Pilates Suzette^ 10:30 Aqua aerobics (pool) Betsy 10:30 Low Aerobics Kim+ 12:10 Cycling Nancy* 12:10 Pilates Sophie^ 1:00 RX Fitness Kim+ 5:30 Cycling Patch* 5:30 Yoga Judi^ 5:30 Total Body Conditioning RebeccaB+ 6:30 NO Aqua Dance	31 5:30am Cardio Intervals Johna+ 8:30 Yoga Stacy^ 9:30 Cycling RebeccaB* 9:30 RX Fitness Kim+ 10:30 Line Dancing Deb+ 10:30 Aqua Stretch2o Sue (pool) 12:10-12:45 Body Blast Nancy+	+ Group X Studio ^ Mind Body Studio *Cycling room