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

FOUNDATION YMCA SEPTEMBER 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
+ Group X Studio ^ Mind Body Studio *Cycling room		**1** **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 RebeccaB+** 5:30 Pilates Ginny^ **6:30 Total Body Conditioning Nancy+**	**2** **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 Joanna*** 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+	**3** **5:30 Cycling Lauren*** 5:45-6:45am Yoga Stacy^ **8:30 RESTORE Carol^** 9:30 Deep Stretch Suzette^ **10:30 Pilates Suzette^** 10:30 Aqua aerobics (pool) Sue **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+**	**4** **5:30am Cardio Intervals Johna+** 8:30 am 35 Min RX Fitness Julie+ **8:30 YOGA RebeccaG^** 9:30 RX Fitness Julie+ **10:30 Line Dancing Deb^** 10:30 Aqua Stretch2o Sue (pool) **12:10-12:45 Body Blast Nancy+**	**5** **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 am Aqua Total Body (pool) Sue
6 **2:45 Yoga Amy^ (1 hour, 15 min)** 4:00-4:45 Zumba Joy+	**7** **CLOSED** **LABOR DAY** 	**8** **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 RebeccaB+** 5:30 Pilates Ginny^ **6:30 Total Body Conditioning Nancy+**	**9** **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 RebccaB*** 9:30 RX Fitness Julie+ **10:30 Chair Yoga RebeccaG+** 10:30 Aqua (pool) Sue **12:10 Body blast Nancy+** 5:30 RESTORE Carol^ **5:30 Bootcamp Lauren+** 6:30 Zumba joy+	**10** **5:30 Cycling Lauren*** 5:45-6:45am Yoga Stacy^ **8:30 RESTORE Carol^** 9:30 Deep Stretch Suzette^ **10:30 Pilates Suzette^** 10:30 Aqua aerobics (pool) Sue **10:30 Low Aerobics Joanna+** 12:10 Cycling Nancy* **12:10 Pilates Suzette^** 1:00 RX Fitness Deb+ **2:00 Parkinson's Class** 5:30 Cycling Patch* **5:30 Yin Yoga RebeccaG^** 5:30 Total Body Conditioning MichelleP+ **6:30pm Xtreme Hip Hop Step MichelleB+**	**11** **5:30am Cardio Intervals Johna+** 8:30 am NO CLASS 35 Min RX Fitness + **8:30 YOGA Lee^** 9:30 RX Fitness Deb+ **10:30 Line Dancing Deb^** 10:30 Aqua Stretch2o Sue (pool) **12:10-12:45 Body Blast Nancy+**	**12** **8:30 Cycling Joanna*** 9:30 Total Body Conditioning Joanna+ **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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13 **2:45 Yoga Judi^ (1 hour, 15 min)** 4:00-4:45 Zumba Joy+	**14** **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^ **5:30 Cycling MichelleP*** 6:30 Zumba Toning MichelleP+	**15** **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 lauren* **5:30 Step/sculpt RebeccaB+** 5:30 Pilates Ginny^ **6:30 Total Body Conditioning Nancy+**	**16** **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 Ginny*** 9:30 RX Fitness Julie+ **10:30 Chair Yoga RebeccaG+** 10:30 Aqua (pool) Sue **12:10 Body blast Nancy+** 5:30 RESTORE Carol^ **5:30 Bootcamp Lauren+** 6:30 Zumba joy+	**17** **5:30 Cycling Lauren*** 5:45-6:45am Yoga Stacy^ **8:30 RESTORE Carol^** 9:30 Deep Stretch Suzette^ **10:30 Pilates Suzette^** 10:30 Aqua aerobics (pool) Sue **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 MichelleP+ **6:30pm Xtreme Hip Hop Step MichelleB+**	**18** **5:30am Cardio Intervals Johna+** 8:30 am 35 Min RX Fitness Julie+ **8:30 YOGA Stacy^** 9:30 RX Fitness Julie+ **10:30 Line Dancing Deb^** 10:30 Aqua Stretch2o Sue (pool) **12:10-12:45 Body Blast Nancy+**	**19** **8:30 Cycling RebeccaB*** 9:30 Total Body Conditioning RebeccaB+ **9:30 Yoga Judi^** 9:30 Level Up Kids Class- Court B-ages 7-12 11:00am Aqua total body Sue (pool)
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