

FOUNDATION YMCA SEPTEMBER 2026

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 5:30 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

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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 Joy+	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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