



# OCTOBER GROUP EX CLASS SCHEDULE

Foundation YMCA

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

<b>Hours of Operation</b>	<b>Child Watch Hours</b>	<b>Fitness Class Announcements</b>
<p><b>Monday-Friday</b> 5am-8pm</p> <p><b>Saturday</b> 7am-4pm</p> <p><b>Sunday</b> 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>WE HAVE A NEW APP! Please download the Y APP to stay informed on class cancellations and changes; Scan QR Code to get app!</p> <div style="display: flex; justify-content: space-around;">   </div> <p style="text-align: center;">IPHONE                      ANDROID</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><b>5:30 Cycling RebeccaB*</b></p> <p>5:45-6:45am Yoga Mary^</p> <p><b>8:30 RESTORE Carol^</b></p> <p>9:30 Deep Stretch RebeccaG^</p> <p><b>10:30 Aqua Aerobics Betsy (pool)</b></p> <p>10:30 Low aerobics Kim+</p> <p><b>12:10-12:55 Yoga Stacy^</b></p> <p>1:00 RX Fitness Julie+</p> <p><b>5:30 Cycling Patch*</b></p> <p>5:30 Step/sculpt Amy+</p> <p><b>5:30 Pilates Ginny^</b></p> <p>6:30 Total Body Conditioning Nancy+</p> <p><b>6:30 Aqua aerobics Sue (pool)</b></p>	<p>2</p> <p><b>5:30am Kettlebell Johna+</b></p> <p>8:30 Barre Combo Ginny^</p> <p><b>9:30 20/20/20 cycle/tone/core Ginny*</b></p> <p>9:30 RX Fitness Julie+</p> <p><b>10:30 Chair Yoga RebeccaG+</b></p> <p>10:30Aqua Betsy (pool)</p> <p><b>12:10 Body blast Nancy+</b></p> <p>2:00 Meditation (downstairs multipurpose room)</p> <p><b>5:30 NO CLASS RESTORE Carol^</b></p> <p>5:30 Bootcamp Tom+</p> <p><b>6:30 Zumba Joy+</b></p>	<p>3</p> <p><b>5:30 Cycling Johna *</b></p> <p>5:45 Yoga Stacy^</p> <p><b>8:30 RESTORE KimB^</b></p> <p>9:30 Deep Stretch Suzette^</p> <p><b>10:30 Beginners Pilates Suzette^</b></p> <p>10:30 Aqua Betsy (pool)</p> <p><b>10:30 Low Aerobics Kim+</b></p> <p>12:10 Cycling Nancy*</p> <p><b>12:10 Pilates Suzette^</b></p> <p>1:00 RX Fitness Julie+</p> <p><b>5:30 Cycling Patch*</b></p> <p>5:30 Yin Yoga Kelly^</p> <p><b>6:30 Total Body Conditioning RebeccaB+</b></p> <p>6:30 Aqua Dance Marisol (pool)</p>	<p>4</p> <p><b>5:30am Cardio Intervals Johna+</b></p> <p>8:30 YOGA Stacy^</p> <p><b>9:30 Cycling RebeccaB*</b></p> <p>9:30 RX Fitness Julie+</p> <p><b>10:30 Line Dancing Deb+</b></p> <p>10:30 Aqua Stretch2o Sue (pool)</p> <p><b>12:10-12:45 Body Blast Nancy+</b></p>	<p>5</p> <p><b>8:30 Cycling Patch*</b></p> <p>9:30 Total Body Conditioning Johna+</p> <p><b>9:30 Yoga Judi^ (1 hour, 15 min)</b></p> <p>9:30 Level Up Kids Class- Court B ages 7-12</p> <p><b>11:00 Aqua Dance Marisol (pool)</b></p>
<p>6</p> <p><b>2:45 Yoga Mary ^ (1 hour, 15 min)</b></p> <p>4:00-4:45 Zumba Joy+</p>	<p>7</p> <p><b>5:30am Powercut Johna+</b></p> <p>8:30 Yoga RebeccaG^</p> <p><b>9:30 Cycling Patch*</b></p> <p>9:30 RX Fitness Julie+</p> <p><b>10:30 Line Dance Deb+</b></p> <p>10:30 Aqua Stretch2o Sue (pool)</p> <p><b>12:10-12:45 Body Blast Nancy+ (35 min)</b></p> <p>12:10-1:00 Pilates Suzette^</p> <p><b>5:30 Cardio/strength intervals RebeccaB+</b></p> <p>5:30 Yoga Judi^</p> <p><b>6:30 Zumba Toning Joy+</b></p>	<p>8</p> <p><b>5:30 Cycling Johna*</b></p> <p>5:45-6:45am Yoga Mary^</p> <p><b>8:30 RESTORE Carol^</b></p> <p>9:30 Deep Stretch RebeccaG^</p> <p><b>10:30 Aqua Aerobics Betsy (pool)</b></p> <p>10:30 Low aerobics KimP+</p> <p><b>12:10-12:55 Yoga Stacy ^</b></p> <p>1:00 RX Fitness Julie+</p> <p><b>5:30 Cycling Patch*</b></p> <p>5:30 Step/sculpt Amy+</p> <p><b>5:30 Pilates Ginny^</b></p> <p>6:30 Total Body Conditioning Nancy+</p> <p><b>6:30 Aqua dance Marisol (pool)</b></p>	<p>9</p> <p><b>5:30am Kettlebell Johna+</b></p> <p>8:30 Barre Combo Ginny^</p> <p><b>9:30 Cycle Ginny*</b></p> <p>9:30 RX Fitness Julie+</p> <p><b>10:30 Chair Yoga RebeccaG+</b></p> <p>10:30Aqua Betsy (pool)</p> <p><b>12:10 Body blast Nancy+</b></p> <p>2:00 Meditation (downstairs multipurpose room)</p> <p><b>5:30 RESTORE Carol^</b></p> <p>5:30 Bootcamp Tom+</p> <p><b>6:30 Zumba Joy+</b></p>	<p>10</p> <p><b>5:30 Cycling Johna *</b></p> <p>5:45 Yoga Stacy^</p> <p><b>8:30 RESTORE Carol^</b></p> <p>9:30 Deep Stretch Suzette^</p> <p><b>10:30 Beginners Pilates Suzette^</b></p> <p>10:30 Aqua aerobics Sue (pool)</p> <p><b>10:30 Low Aerobics KimP+</b></p> <p>12:10 Cycling Nancy*</p> <p><b>12:10 Pilates Suzette^</b></p> <p>1:00 RX Fitness Julie+</p> <p><b>5:30 Cycling Patch*</b></p> <p>5:30 Yoga Kelly^</p> <p><b>6:30 Total Body RebeccaB+</b></p> <p>6:30 Aqua Dance Marisol (pool)</p>	<p>11</p> <p><b>5:30am Cardio Intervals Johna+</b></p> <p>8:30 YOGA Stacy^</p> <p><b>9:30 Cycling RebeccaB*</b></p> <p>9:30 RX Fitness Julie+</p> <p><b>10:30 Line Dancing Deb+</b></p> <p>10:30 Aqua Stretch2o Sue (pool)</p> <p><b>12:10-12:45 Body Blast Nancy+</b></p>	<p>12</p> <p><b>8:30 Cycling Ginny*</b></p> <p>9:30 Total Body Conditioning Ginny+</p> <p><b>9:30 Yoga Asia^ (1 hour, 15 min)</b></p> <p>9:30 Level Up Kids Class- Court B ages 7-12</p> <p><b>11:00 Aqua Dance Marisol (pool)</b></p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>13</p> <p><b>2:45 Yoga Judi^</b> <b>( 1 hour, 15 min)</b> 4:00-4:45 Zumba-Joy+</p>	<p>14</p> <p><b>5:30am Powercut Johna+</b> 8:30 Yoga RebeccaG^ <b>9:30 Cycling Patch*</b> 9:30 RX Fitness Julie+ <b>10:30 Line Dance Deb+</b> 10:30 Aqua Stretch2o Sue (pool) <b>12:10-12:45 Body Blast Nancy + (35 min)</b> 12:10-1:00 Pilates Suzette^ <b>5:30 Cardio/strength intervals RebeccaB+</b> 5:30 Yoga Judi^ <b>6:30 Zumba Toning Joy+</b></p>	<p>15</p> <p><b>5:30 Cycling Johna*</b> 5:45-6:45am Yoga Mary^ <b>8:30 RESTORE Carol^</b> 9:30 Deep Stretch RebeccaG^ <b>10:30 Aqua Aerobics (pool) Betsy</b> 10:30 Low aerobics/ tone Kim+ <b>12:10-12:55 Yoga Stacy ^</b> 1:00 RX Fitness Julie+ <b>5:30 Cycling Patch*</b> 5:30 Step/sculpt Amy+ <b>5:30 Pilates Ginny^</b> 6:30 Total Body Conditioning Nancy+ <b>6:30 Aqua dance Marisol (pool)</b></p>	<p>16</p> <p><b>5:30am Kettlebell Johna+</b> 8:30 Barre Combo Ginny^ <b>9:30 Cycle Ginny*</b> 9:30 RX Fitness Julie+ <b>10:30 Chair Yoga RebeccaG+</b> 10:30Aqua aerobics Betsy (pool) <b>12:10 Body blast Nancy+</b> 2:00 Meditation (downstairs multipurpose room) <b>5:30 RESTORE Carol^</b> 5:30 Bootcamp Tom+ <b>6:30 Zumba Joy+</b></p>	<p>17</p> <p><b>5:30 Cycling Johna *</b> 5:45-6:45am Yoga Stacy ^ <b>8:30 RESTORE Carol^</b> 9:30 Deep Stretch Suzette^ <b>10:30 Aqua aerobics Betsy (pool)</b> 10:30 Low Aerobics Kim+ <b>10:30 Beginners Pilates (30 min) Suzette^</b> 12:10 Cycling Nancy* <b>12:10 Pilates Suzette^</b> 1:00 RX Fitness Julie+ <b>5:30 Cycling Patch*</b> 5:30 Yoga Judi^ <b>6:30 Total Body Conditioning RebeccaB+</b> 6:30 Aqua Dance Marisol (pool)</p>	<p>18</p> <p><b>5:30am NO CLASS Cardio Intervals Johna+</b> 8:30 Yoga Stacy^ <b>9:30 Cycling RebeccaB*</b> 9:30 RX Fitness Julie+ <b>10:30 Aqua Stretch2o Sue (pool)</b> 10:30 Line Dancing Deb+ <b>12:10-12:45 Body Blast Nancy+</b></p>	<p>19</p> <p><b>8:30 Cycling RebeccaB*</b> 9:30 Total Body Conditioning RebeccaB+ <b>9:30 Yoga RebeccaG^</b> 9:30 Level Up Kids Class Court B ages 7-12 <b>11:00 Aqua aerobics Sue (pool)</b></p>
<p>20</p> <p><b>2:45 Yoga Kelly ^</b> <b>( 1 hour, 15 min)</b> 4:00-4:45 Zumba-Joy+</p>	<p>21</p> <p><b>5:30am Powercut Johna+</b> 8:30 Yoga RebeccaG^ <b>9:30 Cycling Patch*</b> 9:30 RX Fitness Julie+ <b>10:30 Line Dance Deb+</b> 10:30 Aqua Stretch2o Sue (pool) <b>12:10-12:45 Body Blast Nancy+ (35 min)</b> 12:10-1:00 Pilates Suzette^ <b>5:30 Cardio/strength intervals Nancy+</b> 5:30 Yoga Judi^ <b>6:30 Zumba toning Joy+</b></p>	<p>22</p> <p><b>5:30 Cycling Johna*</b> 5:45-6:45am Yoga Mary^ <b>8:30 RESTORE Carol^</b> 9:30 Deep Stretch RebeccaG^ <b>10:30 Low aerobics/tone KimP+</b> 10:30 Aqua aerobics Betsy (pool) <b>12:10-12:55 Yoga Stacy^</b> 1:00 RX Fitness Julie+ <b>5:30 Cycling Patch*</b> 5:30 Step/sculpt Amy+ <b>5:30 NO CLASS Pilates</b> 6:30 Total Body Conditioning Nancy+ <b>6:30 Aqua Dance Marisol (pool)</b></p>	<p>23</p> <p><b>5:30am Kettlebell JohnaK+</b> 8:30 NO CLASS Barre Combo^ <b>9:30 Cycle Nancy*</b> 9:30 RX Fitness Julie+ <b>10:30 Chair Yoga RebeccaG+</b> 10:30 Aqua aerobics Betsy (pool) <b>12:10 Body blast Nancy+</b> 2:00 Meditation (downstairs multipurpose room) <b>5:30 RESTORE Carol^</b> 5:30 Bootcamp Tom+ <b>6:30 Zumba Joy+</b></p>	<p>24</p> <p><b>5:30 Cycling Johna*</b> 5:45-6:45am Yoga Stacy^ <b>8:30 RESTORE Carol^</b> 9:30 Deep Stretch Suzette^ <b>10:30 Aqua Aerobics (pool) Betsy</b> 10:30 Low Aerobics Kim+ <b>10:30 Beginners Pilates (30 min) Suzette^</b> 12:10 Cycling Nancy* <b>12:10 Pilates Stacy^</b> 1:00 RX Fitness Julie+ <b>5:30 NO CLASS Cycling*</b> 5:30 Yoga Judi^ <b>6:30 NO CLASS Total Body Conditioning+</b> 6:30 Aqua Dance Marisol (pool)</p>	<p>25</p> <p><b>5:30am Cardio Intervals Johna+</b> 8:30 Yoga Stacy^ <b>9:30 Cycling Ginny*</b> 9:30 RX Fitness Julie+ <b>10:30 Line Dancing Deb+</b> 10:30 Aqua Stretch2o Sue (pool) <b>12:10-12:45 Body Blast Nancy+</b></p>	<p>26</p> <p><b>8:30 Cycling Nancy*</b> 9:30 Total Body Conditioning Nancy+ <b>9:30 Yoga Asia^</b> 9:30 Level Up Kids Class Court B ages 7-12 <b>11:00 Aqua Dance Marisol (pool)</b></p>
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