



FOR YOUTH DEVELOPMENT®  
**FOR HEALTHY LIVING**  
 FOR SOCIAL RESPONSIBILITY

**WILSON FAMILY YMCA** 3436 Airport Blvd, Wilson, NC 27896 • 252.291.9622 • wilsonymca.org

Hours of Operation		Child Watch Hours		FITNESS CLASS ANNOUNCEMENTS
Monday-Thursday	5am-10pm	Monday	8am-2:00pm 4-7:30pm	Pilates is back on Thursdays at 12:10 with Suzette!!
Friday	5am-9pm	Tuesday	8am-1pm 4-7:30pm	
Saturday	7am-6pm	Wednesday	8am-2:00pm 4-7:30pm	
Sunday	1-6pm	Thursday	8am-1pm 4-7:30pm	
		Friday	8-11:30am 4-7:30pm	
		Saturday	8-11:30am	
		Sunday		

DECEMBER 2017 CYCLING

SUN	MON	TUE	WED	THU	FRI	SAT
					1 9:30 Tracy	2 8:30 am Lauren
3 4:30 Lauren	4 9:30 Patch 6:30pm Nancy	5 5:45am Larry 12:10-1:00 pm Tracy 5:15 Cycle Lite Patch 6:30 Lauren	6 9:30 Patch	7 5:45am Larry 12:10-1:00 pm Nancy 5:30 Patch	8 9:30 Tracy	9 8:30 am Tracy
10 4:30 Tracy	11 9:30 Patch 6:30pm Nancy	12 5:45am Larry 12:10-1:00 pm Tracy 5:15 Cycle Lite Patch 6:30 Lauren	13 9:30 Patch	14 5:45am Larry 12:10-1:00 pm Nancy 5:30 Patch	15 9:30 Tracy	16 8:30 Patch
17 4:30 Nancy	18 9:30 Patch 6:30pm Nancy	19 5:45am Patch 12:10-1:00 pm Nancy 5:15 Cycle Lite Patch 6:30 Lauren	20 9:30 Patch	21 5:45am Patch 12:10-1:00 pm Nancy 5:30 Patch	22 9:30 Nancy	23 8:30 am Larry
24 CLOSED  ***** 31 4:30 Tracy	25 CLOSED	26 5:45am Larry 12:10-1:00 pm Tracy 5:15 Cycle Lite Nancy 6:30 Lauren	27 9:30 Patch	28 5:45am Larry 12:10-1:00 pm Nancy 5:30 Patch	29 9:30 Tracy	30 8:30 Nancy

SUN	MON	TUE	WED	THU	FRI	SAT
					1 5:30am SyngryTRX LeeAnn 8:30 Yoga Stacy ▲ 8:30 Powercut Johnna D+ 9:30 Line Dancing Balette 10:30 RX Fitness Balette 11:30 Gentle Stretch Balette 5:30-6:45 Yoga Jane ▲ 6:30 Zumba Joy	2 9:30 Total Body Conditioning Lauren+ 9:35-10:50 Yoga Carol ▲ 10:30 Zumba Samantha+

<p>3 3:00-4:25pm Level II Yoga Mary▲ 3:30 Kettlebell Nancy+ 4:30-5:45 Zumba-Joy▲</p>	<p>4 5:30am Powercut JohnK+ 8:30 Yoga Rebecca▲ 8:30 Powercut Kim+ 9:30 RX Fitness Balette▲ 10:30 Low Aerobics Balette▲ 11:30 Line Dance Balette▲ 12:10-12:45 Kettlebell Nancy+ 12:30 Pilates Suzette▲ 5:00 Beginner Basic Line Dancing Susan+ 5:30 Intermediate Line Dancing Susan+ 6:30 Cardio Sculpt Lauren+ 6:30 Yoga Jane▲ 7:30 House Party Fitness Samantha▲</p>	<p>5 5:45-6:45am 360 Yoga Mary▲ 8:00 RESTORE Kim▲ 9:30 Piloxing Sophia+ 9:30 Deep Stretch Balette▲ 10:30 Low Step Balette+ 12:10 Yoga Stacy▲ 1:00 RX Fitness Mary Helen▲ 2:00 NO Tai Chi 3:00 Intro to Meditation Rusty▲ 6:30 Barre Basics Tracy+ 6:30 Zumba Joy▲ 7:30 Total Body Conditioning Nancy+</p>	<p>6 5:30am Powercut JohnK+ 8:30 Yoga Carol▲ 8:30 Powercut Sophia+ 9:30 Barre Basics Tracy 9:30 RX Fitness Balette▲ 10:30 Low Aerobics Balette▲ 11:30 Gentle Yoga Balette▲ 12:10-12:45pm Body Blast Nancy+ 5:30 RESTORE Kim 6:00 Bootcamp Tom+ 6:30 Yoga Judi▲ 7:30 Zumba Toning Joy▲</p>	<p>7 5:45-6:45am 360 Yoga Mary▲ 8:00 RESTORE Kim▲ 8:30 Cardio Sculpt Tracy+ 9:30 Deep Stretch Balette▲ 10:30 Low Step Balette+ 12:10 Pilates Suzette▲ 1:00 RX Fitness Mary Helen 5:30 Yoga Stacy+ 6:30 Strong by Zumba Samantha▲ 6:30 Butts Guts &amp; Thighs Johna+ 7:30 Kettlebell Nancy+</p>	<p>8 5:30am SynrgyTRX Johna K 8:30 Yoga Stacy▲ 8:30 Powercut Johnna D+ 9:30 Line Dancing Balette▲ 10:30 RX Fitness Balette▲ 11:30 Gentle Stretch Balette▲ 5:30-6:45 Yoga Jane▲ 6:30 Zumba Samantha</p>	<p>9 9:30 Total Body Conditioning Tracy+ 9:35-10:50 Yoga Judi▲ 10:30 Zumba Samantha+</p>
<p>10 3:00-4:25 Yoga Stacy▲ 3:30 Kettlebell Nancy+ 4:30-5:45 Zumba-Joy▲</p>	<p>11 5:30am Powercut JohnK+ 8:30 Yoga Rebecca▲ 8:30 Powercut Tracy+ 9:30 RX Fitness Balette▲ 10:30 Low Aerobics Balette▲ 11:30 Line Dance Balette▲ 12:10-12:45 Kettlebell Lauren+ 12:30 Pilates Suzette▲ 5:00 Beginner Basic Line Dancing Susan+ 5:30 Intermediate Line Dancing Susan+ 6:30 Cardio Sculpt Lauren+ 6:30 Yoga Jane▲ 7:30 House Party Fitness Samantha▲</p>	<p>12 5:45-6:45am 360 Yoga Mary▲ 8:00 RESTORE Kim▲ 9:30 Piloxing Sophia+ 9:30 Deep Stretch Balette▲ 10:30 Low Step Balette+ 12:10 Yoga Stacy▲ 1:00 RX Fitness Mary Helen▲ 2:00 Tai Chi Al+ 3:00 Intro to Meditation Rusty▲ 6:30 Barre Basics Tracy+ 6:30 Zumba Joy▲ 7:30 Total Body Conditioning Nancy+</p>	<p>13 5:30am Powercut JohnK+ 8:30 Yoga Carol▲ 8:30 Powercut Sophia+ 9:30 Barre Basics Tracy 9:30 RX Fitness Balette▲ 10:30 Low Aerobics Balette▲ 11:30 Gentle Yoga Balette▲ 12:10-12:45pm Body Blast Nancy+ 5:30 RESTORE Kim▲ 6:00 Bootcamp Tom+ 6:30 Yoga Melissa▲ 7:30 Zumba Toning Joy▲</p>	<p>14 5:45-6:45am 360 Yoga Mary▲ 8:00 RESTORE Kim▲ 8:30 Cardio Sculpt Tracy+ 9:30 Deep Stretch Balette▲ 10:30 Low Step Balette+ 12:10 Pilates Suzette▲ 1:00 RX Fitness Mary Helen▲ 5:30 Yoga Jane+ 6:30 Strong by Zumba Samantha▲ 6:30 Butts Guts &amp; Thighs Johna+ 7:30 NO Kettlebell</p>	<p>15 5:30am SynrgyTRX LeeAnn + 8:30 Yoga Carol▲ 8:30 Powercut Johnna D+ 9:30 Line Dancing Balette▲ 10:30 RX Fitness Balette▲ 11:30 Gentle Stretch Balette▲ 5:30-6:45 Yoga Jane▲ 6:30 Zumba Samantha</p>	<p>16 9:30 Total Body Conditioning Army + 9:35 Yoga Carol▲ 10:30 Zumba Valerie</p>
<p>17 3:00-4:25 Yoga Jane▲ 3:30 Kettlebell Nancy+ 4:30-5:45 Zumba-Joy▲</p>	<p>18 5:30am Powercut Johna+ 8:30 Yoga Carol▲ 8:30 Powercut Kim+ 9:30 RX Fitness Balette▲ 10:30 Low Aerobics Balette▲ 11:30 Line Dancing Balette▲ 12:10-12:45pm Kettlebell Nancy+ 12:30 Pilates Suzette▲ 5:00 Beginner Basic Line Dancing Susan+ 5:30 Intermediate Line Dancing Susan+ 6:30 Cardio Sculpt Lauren+ 6:30 Yoga Jane▲ 7:30 House party fitness Samantha▲</p>	<p>19 5:45-6:45am 360 Yoga Mary▲ 8:00 RESTORE Kim▲ 9:30 Piloxing Sophia 9:30 Deep Stretch Balette▲ 10:30 Low Step Balette+ 12:10 Yoga Stacy▲ 1:00 RX Fitness Mary Helen▲ 2:00 Tai Chi Al+ 3:00 Intro to Meditation Rusty▲ 6:30 Barre Basics Nancy+ 6:30 Zumba Joy▲ 7:30 Total Body Conditioning Nancy+</p>	<p>20 5:30am Powercut JohnK+ 8:30 Yoga Carol▲ 8:30 Powercut Sophia+ 9:30 NO Barre Basics 9:30 RX Fitness Balette▲ 10:30 Low Aerobics Balette▲ 11:30 Gentle Yoga Balette▲ 12:10-12:45pm Body Blast Nancy+ 5:30 RESTORE Kim 6:00 Bootcamp Tom+ 6:30 Yoga Judi▲ 7:30 Zumba Toning Joy</p>	<p>21 5:45-6:45am 360 Yoga Mary▲ 8:00 RESTORE Kim▲ 8:30 Cardio Sculpt Johna K+ 9:30 Deep Stretch Balette▲ 10:30 Low Step Balette+ 12:10 Pilates Suzette▲ 1:00 RX Fitness Mary Helen▲ 5:30 Yoga Stacy+ 6:30 Strong by Zumba Samantha▲ 6:30 Butts Guts &amp; Thighs Johna+ 7:30 Kettlebell Nancy+</p>	<p>22 5:30am SynrgyTRX Johna K 8:30 Yoga Stacy▲ 8:30 Powercut Johnna D+ 9:30 NO Line Dancing Balette▲ 10:30 NO RX Fitness Balette▲ 11:30 NO Gentle Stretch 5:30-6:45 Yoga Jane▲ 6:30 Zumba Joy</p>	<p>23 9:30 Total Body Conditioning Monica+ 9:35 Yoga Mary▲ 10:30 Zumba Valerie</p>
<p>24 CLOSED  *****  31 3:30 Yoga Judi 3:30 Kettlebell Nancy 4:30 NO ZUMBA  HAPPY NEW YEAR!!</p>	<p>25 CLOSED  MERRY CHRISTMAS!</p>	<p>26 5:45-6:45am 360 Yoga Mary▲ 8:00 RESTORE Kim▲ 9:30 Piloxing Sophia+ 9:30 NO Deep Stretch▲ 10:30 NO Low Step Balette+ 12:10 Yoga Judi▲ 1:00 RX Fitness Mary Helen▲ 2:00 Tai Chi Al+ 3:00 Intro to Meditation Rusty▲ 6:30 Barre Basics Tracy+ 6:30 Zumba Joy▲ 7:30 Total Body Conditioning Nancy+</p>	<p>27 5:30am Powercut JohnK+ 8:30 Yoga Rebecca▲ 8:30 Powercut Sophia+ 9:30 Barre Basics Tracy+ 9:30 RX Fitness Balette▲ 10:30 Low Aerobics Balette▲ 11:30 Gentle Yoga Balette▲ 12:10-12:45pm Body Blast Nancy+ 5:30 RESTORE Kim 6:00 Bootcamp Tom+ 6:30 Yoga Melissa▲ 7:30 Zumba Toning Joy▲</p>	<p>28 5:45-6:45am 360 Yoga Mary▲ 8:00 RESTORE Kim▲ 8:30 Cardio Sculpt Tracy 9:30 Deep Stretch Balette▲ 10:30 Low Step Balette+ 12:10 Pilates Stacy▲ 1:00 RX Fitness Mary Helen▲ 5:30 Yoga Stacy+ 6:30 Strong by Zumba Samantha▲ 6:30 Butts Guts &amp; Thighs Johna+ 7:30 Kettlebell Nancy+</p>	<p>29 5:30am SynrgyTRX LeeAnn 8:30 Yoga Stacy▲ 8:30 Powercut Johnna D+ 9:30 Line Dancing Balette▲ 10:30 RX Fitness Balette▲ 11:30 Gentle Stretch Balette▲ 5:30-6:45 Yoga Jane▲ 6:30 Zumba Samantha</p>	<p>30 9:30 Total Body Conditioning Nancy+ 9:35 Yoga Stacy▲ 10:30 Zumba Valerie  ▲-Gymnastics Room +-Multi-Purpose Room *-Robin Givens Youth Room Please note that class times are 55 minutes unless otherwise noted.</p>

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