



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		We will be closed on Memorial Day
Monday-Thursday	5am-10pm	Monday	8am-2:00pm 4-8:30pm	
Friday	5am-9pm	Tuesday	8am-1pm 4-7:30pm	
Saturday	7am-6pm	Wednesday	8am-2:00pm 4-8:30pm	
Sunday	1-6pm	Thursday	8am-1pm 4-7:30pm	
		Friday	8-11:30am 4-7:30pm	
		Saturday	8-11:30am	
		Sunday	2:50-6pm	

MAY 2017 CYCLING						
SUN	MON	TUE	WED	THU	FRI	SAT
	1 5:45am Tyrone 9:30 Patch 6:15pm Nancy	2 5:45am Larry 12:10-1:00 pm Tracy 5:15 Cycling Lite Patch 6:15 Lauren	3 9:30 Patch	4 5:45am Larry 12:10-1:00 pm Nancy 5:30 Patch	5 9:30 Tracy	6 8:30 am Tracy
7 4:30 Lauren	8 5:45am Lauren 9:30 Tracy 6:15pm Tyrone	9 5:45am Larry 12:10-1:00 pm Tracy 5:15 Cycling Lite Patch 6:15 Lauren	10 9:30 Patch	11 5:45am Larry 12:10-1:00 pm Nancy 5:30 Patch	12 9:30 Tracy	13 8:30 am Tyrone
14 4:30 Nancy	15 5:45am Tyrone 9:30 Patch 6:15pm Nancy	16 5:45am Larry 12:10-1:00 pm Tracy 5:15 Cycling Lite Nancy 6:15 Lauren	17 9:30 Patch	18 5:45am Larry 12:10-1:00 pm Nancy 5:30 Patch	19 9:30 Tracy	20 8:30 Nancy
21 4:30 Tyrone (last Sunday spin)	22 5:45 am Lauren 9:30 Patch 6:15pm Nancy	23 5:45am Larry 12:10-1:00 pm Tracy 5:15 Cycling Lite Patch 6:15 Lauren	24 9:30 Patch	25 5:45am Larry 12:10-1:00 pm Nancy 5:30 Patch	26 9:30 Tracy	27 8:30 am Lauren
28	29 CLOSED	30 5:45am Larry 12:10-1:00 pm Tracy 5:15 Cycling Lite Patch 6:15 Lauren	31 9:30 Patch		EVENING CLASSES: Reservations may be made the day of the class.	Please review the Spinning Guidelines posted in the Spin Room. ALL OTHER CLASSES: FIRST COME, FIRST SERVED. Please call to cancel your reservation should you not be able to attend

SUN	MON	TUE	WED	THU	FRI	SAT
▲-Gymnastics Room +Multi-Purpose Room *-Robin Givens Youth Room Please note that class times are 55 minutes unless otherwise noted.	1 5:30am Powercut JohnaK+ 8:30 Yoga Julie▲ 8:30 Powercut Tracy+ 9:30 Piloxing Knockout Sophia+ 9:30 RX Fitness Balette▲ 10:30 Low Aerobics Balette▲ 11:30 Line Dance Balette▲ 12:10-12:45 Kettlebell Nancy+ 12:30 Pilates Stacy▲ 5:00 Beginner Basic Line Dancing Susan+ 5:30 Intermediate Line Dancing Susan+ 6:00 SynrgyTRX Johna 6:30 Cardio Sculpt Lauren+ 6:30 Yoga Jane▲ 7:30 House Party Fitness Samantha▲	2 5:45-6:45am 360 Yoga Mary▲ 8:00 MELT Kim▲ 8:30 Piloxing Sophia+ 9:30 Deep Stretch Balette▲ 10:30 Low Step Balette+ 12:10 Yoga Stacy▲ 1:00 RX Fitness Mary Helen▲ 6:30 Barre Basics Tracy+ 6:30 Zumba Joy▲ 7:30 Total Body Conditioning Nancy+	3 5:30am Powercut Johna K+ 8:30 Yoga Julie 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 MELT Kim▲ 6:00 Bootcamp Tom+ 6:00 SynrgyTRX Johna 6:30 Yoga Jane▲ 7:30 Zumba Toning Joy▲	4 5:45-6:45am 360 Yoga Mary▲ 8:00 MELT and Body Balls 90min Kim▲ 8:30 Cardio Sculpt Tracy+ 9:30 Deep Stretch Balette▲ 10:30 Low Step Balette+ 12:10 Pilates Sculpt Stacy▲ 1:00 RX Fitness Mary Helen▲ 5:30 Yoga Stacy+ 6:30 Strong by Zumba Samantha▲ 6:30 Butts Guts & Thighs Johna K+ 7:30 Kettlebell Lauren+	5 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 House Party Fitness Samantha+	6 9:30 Total Body Conditioning Lauren+ 9:35-10:50 Yoga Mary▲ 10:30 Zumba Valerie+

7 3:00-4:25pm Yoga Stacy▲ 3:30 Kettlebell Nancy+ 4:30-5:45 Zumba-Joy▲	8 5:30am Powercut JohnaK+ 8:30 Yoga Carol▲ 8:30 Powercut Kim+ 9:30 Piloxing Knockout Sophia+ 9:30 RX Fitness Balette▲ 10:30 Low Aerobics Balette▲ 11:30 Line Dance Balette▲ 12:10-12:45 Kettlebell Nancy+ 12:30 Pilates Stacy▲ 5:00 Beginner Basic Line Dancing Susan+ 5:30 Intermediate Line Dancing Susan+ 6:00 SynrgyTRX Johna 6:30 Cardio Sculpt Lauren+ 6:30 Yoga Jane▲ 7:30 House Party Fitness Samantha▲	9 5:45-6:45am 360 Yoga Mary▲ 8:00 MELT Kim▲ 8:30 Piloxing Sophia+ 9:30 Deep Stretch Balette▲ 10:30 Low Step Balette+ 12:10 Yoga Stacy▲ 1:00 RX Fitness Mary Helen▲ 6:30 Barre Basics Tracy+ 6:30 Zumba Joy▲ 7:30 Total Body Conditioning Nancy+	10 5:30am Powercut Johna K+ 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 MELT Kim▲ 6:00 Bootcamp Tom+ 6:00 SynrgyTRX Johna 6:30 Yoga Judi▲ 7:30 Zumba Toning Joy▲	11 5:45-6:45am 360 Yoga Mary▲ 8:00 MELT and Body Balls 90min Kim▲ 8:30 Cardio Sculpt Tracy+ 9:30 Deep Stretch Balette▲ 10:30 Low Step Balette+ 12:10 Pilates Sculpt Stacy▲ 1:00 RX Fitness Mary Helen▲ 5:30 Yoga Stacy+ 6:30 Strong by Zumba Gretchen▲ 6:30 Butts Guts & Thighs Johna K+ 7:30 Kettlebell Nancy+	12 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 House Party Fitness Samantha+	13 9:30 Total Body Conditioning Tracy+ 9:35-10:50 Yoga Stacy▲ 10:30 STRONG by Zumba Gretchen+
14 3:00-4:25 Yoga Jane▲ 3:30 Kettlebell Nancy+ 4:30-5:45 Zumba-Joy▲	15 5:30am Powercut JohnaK+ 8:30 Yoga Carol▲ 8:30 Powercut Tracy+ 9:30 Piloxing Knockout Sophia+ 9:30 RX Fitness Balette▲ 10:30 Low Aerobics Balette▲ 11:30 Line Dance Balette▲ 12:10-12:45 Kettlebell Nancy+ 12:30 Pilates Stacy▲ 5:00 Beginner Basic Line Dancing Susan+ 5:30 Intermediate Line Dancing Susan+ 6:00 SynrgyTRX Johna 6:30 Cardio Sculpt Lauren+ 6:30 Yoga Jane▲ 7:30 House Party Fitness Samantha▲	16 5:45-6:45am 360 Yoga Mary▲ 8:00 MELT Kim▲ 8:30 Piloxing Sophia+ 9:30 Deep Stretch Balette▲ 10:30 Low Step Balette+ 12:10 Yoga Stacy▲ 1:00 RX Fitness Mary Helen▲ 6:30 Barre Basics Tracy+ 6:30 Zumba Joy▲ 7:30 Total Body Conditioning Nancy+	17 5:30am Powercut JohnaK+ 8:30 NO Yoga▲ 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 MELT Kim▲ 6:00 Bootcamp Tom+ 6:00 SynrgyTRX Johna K 6:30 Yoga Melissa▲ 7:30 Zumba Toning Joy▲	18 5:45-6:45am 360 Yoga Mary▲ 8:00 MELT and Body Balls Kim▲ 8:30 Cardio Sculpt Tracy+ 9:30 Deep Stretch Balette▲ 10:30 Low Step Balette+ 12:10 Pilates Sculpt Stacy▲ 1:00 RX Fitness Mary Helen▲ 5:30 Yoga Stacy+ 6:30 Strong by Zumba Samantha▲ 6:30 Butts Guts & Thighs Johna K+ 7:30 Kettlebell Nancy+	19 5:30am SynrgyTRX Johna + 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 Judi▲ 6:30 House Party Fitness Samantha +	20 9:30 Total Body Conditioning Amy + 9:35 Yoga Mary▲ 10:30 Zumba Valerie+
21 3:00-4:25 Level II Yoga Mary▲ 3:30 Kettlebell Lauren+ 4:30-5:45 Zumba-Joy▲	22 5:30am Powercut Johna+ 8:30 Mat Fusion Monica▲ 8:30 Powercut Kim+ 9:30 Piloxing Knockout 9:30 RX Fitness Balette▲ 10:30 Low Aerobics Balette▲ 11:30 Line Dancing Balette▲ 12:10-12:45pm Kettlebell Nancy+ 12:30 Pilates Stacy▲ 5:00 Beginner Basic Line Dancing Susan+ 5:30 Intermediate Line Dancing Susan+ 6:00 SynrgyTRX Johna 6:30 Cardio Sculpt Lauren+ 6:30 Yoga Stacy▲ 7:30 House party fitness Samantha▲	23 5:45-6:45am 360 Yoga Mary▲ 8:00 MELT 90min Kim▲ 8:30 Piloxing 9:30 Deep Stretch Balette▲ 10:30 Low Step Balette+ 12:10 Yoga Stacy▲ 1:00 RX Fitness Mary Helen▲ 6:30 Barre Basics Tracy+ 6:30 Zumba Joy▲ 7:30 Total Body Conditioning Nancy+	24 5:30am Powercut JohnaK+ 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 Melt Kim 6:00 Bootcamp Tom+ 6:00 SynrgyTRX Johna 6:30 Yoga Judi▲ 7:30 Zumba Toning Joy▲	25 5:45-6:45am 360 Yoga Mary▲ 8:00 MELT and Body Balls Kim▲ 8:30 Cardio Sculpt Tracy 9:30 Deep Stretch Balette▲ 10:30 Low Step Balette+ 12:10 Pilates Sculpt Stacy▲ 1:00 RX Fitness Mary Helen▲ 5:30 Yoga Stacy+ 6:30 Strong by Zumba Gretchen▲ 6:30 Butts Guts & Thighs Johna+ 7:30 Kettlebell Nancy+	26 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 Mary▲ 6:30 Zumba Joy+	27 9:30 Total Body Conditioning Monica + 9:35 Yoga Carol▲ 10:30 Strong by Zumba Samantha+
28 3:00-4:25 Yoga Mary▲ 3:30 Kettlebell Nancy+ 4:30-5:45 Zumba-Joy▲	29 CLOSED	30 5:45-6:45am 360 Yoga Mary▲ 8:00 MELT 90min Kim▲ 8:30 Piloxing Sophia+ 9:30 NO DEEP STRETCH▲ 10:30 Low Step Amy+ 12:10 Yoga Stacy▲ 1:00 RX Fitness Mary Helen▲ 6:30 Barre Basics Tracy 6:30 Zumba Joy▲ 7:30 Total Body Conditioning Nancy+	31 5:30am Powercut JohnaK+ 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 Melt Kim 6:00 Bootcamp Tom+ 6:00 SynrgyTRX Johna 6:30 Yoga Melissa▲ 7:30 Zumba Toning Joy▲			