



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 with Suzette on Mondays at 12:30 Tai Chi will be on Tuesdays at 2:00
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		

OCTOBER 2017 CYCLING						
SUN	MON	TUE	WED	THU	FRI	SAT
1 4:30 Nancy	2 9:30 Patch 6:30pm Nancy	3 5:45am Larry 12:10-1:00 pm Tracy 5:15 Cycle Lite Patch 6:30 Lauren	4 9:30 Patch	5 5:45am Larry 12:10-1:00 pm Nancy 5:30 Patch	6 9:30 Tracy	7 8:30 am Lauren
8 4:30 Lauren	9 9:30 Patch 6:30pm Nancy	10 5:45am Larry 12:10-1:00 pm Tracy 5:15 Cycle Lite Patch 6:30 Lauren	11 9:30 Patch	12 5:45am Larry 12:10-1:00 pm Nancy 5:30 Lauren	13 9:30 Tracy	14 8:30 am Patch
15 4:30 Tracy	16 9:30 Patch 6:30pm Nancy	17 5:45am Larry 12:10-1:00 pm Tracy 5:15 Cycle Lite Patch 6:30 Lauren	18 9:30 Mary Helen	19 5:45am Patch 12:10-1:00 pm Nancy 5:30 Patch	20 9:30 Patch	21 8:30 Nancy
22 4:30 Lauren	23 9:30 Patch 6:30pm Nancy	24 5:45am Larry 12:10-1:00 pm Tracy 5:15 Cycle Lite Patch 6:30 Lauren	25 9:30 Patch	26 5:45am Larry 12:10-1:00 pm Nancy 5:30 Patch	27 9:30 Tracy	28 8:30 am Tracy
29 4:30 Nancy	30 9:30 Patch 6:30pm Nancy	31 5:45am Larry 12:10-1:00 pm Tracy 5:15 Cycle Lite Patch 6:30 NO CLASS				

SUN	MON	TUE	WED	THU	FRI	SAT
1 3:00-4:25pm Yoga Mary 4:30 Kettlebell Nancy+ 4:30-5:45 Zumba-Joy ▲	2 5:30am Powercut JohnaK+ 8:30 Yoga Rebecca ▲ 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 Suzette ▲ 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 ▲	3 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 AH+ 6:30 Barre Basics Tracy+ 6:30 Zumba Joy ▲ 7:30 Total Body Conditioning Nancy+	4 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 RESTORE Kim 6:00 Bootcamp Tom+ 6:30 Yoga Melissa ▲ 7:30 Zumba Toning Samantha ▲	5 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+ 1:00 RX Fitness Mary Helen ▲ 5:30 Yoga Stacey 6:30 Strong by Zumba Samantha ▲ 6:30 Butts Guts & Thighs Johna+ 7:30 Kettlebell Nancy+	6 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 Judi ▲ 6:30 House Party Fitness Samantha+	7 9:30 Total Body Conditioning Monica+ 9:35-10:50 Yoga Stacy ▲ 10:30 Zumba Samantha+

<p>8 3:00-4:25pm Yoga Judi ▲ 4:30 Kettlebell Nancy+ 4:30-5:45 Zumba-Joy ▲</p>	<p>9 5:30am Powercut Johna+ 8:30 Yoga Rebecca ▲ 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 Suzette ▲ 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 Mary ▲ 7:30 House Party Fitness Samantha ▲</p>	<p>10 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+ 6:30 Barre Basics Nancy+ 6:30 Zumba Joy ▲ 7:30 Total Body Conditioning Nancy+ Samantha ▲</p>	<p>11 5:30am Powercut Johna+ 8:30 Yoga Carol ▲ 8:30 Powercut Sophia+ 9:30 Barre Basics Tracy Nancy+ 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>12 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+ 1:00 RX Fitness Balette ▲ 5:30 Yoga Stacey 6:30 Strong by Zumba Samantha ▲ 6:30 Butts Guts & Thighs Johna+ 7:30 Kettlebell Nancy+</p>	<p>13 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 Joy</p>	<p>14 9:30 Total Body Conditioning Tracy+ 9:35-10:50 Yoga Mary ▲ 10:30 Zumba Samantha</p>
<p>15 3:00-4:25 Yoga Stacy ▲ 3:30 Kettlebell Nancy+ 4:30-5:45 Zumba-Joy ▲</p>	<p>16 5:30am Powercut Johna+ 8:30 Yoga Rebecca ▲ 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 Suzette ▲ 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 ▲</p>	<p>17 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+ 6:30 Barre Basics Tracy+ 6:30 Zumba Joy ▲ 7:30 Total Body Conditioning Nancy+ Samantha ▲</p>	<p>18 5:30am Powercut Johna+ 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>19 5:45-6:45am 360 Yoga Mary ▲ 8:00 RESTORE Kim ▲ 8:30 Cardio Sculpt Kim+ 9:30 Deep Stretch Balette ▲ 10:30 Low Step Balette+ 1:00 RX Fitness Mary Helen ▲ 5:30 Yoga Stacy+ 6:30 Strong by Zumba Samantha ▲ 6:30 Butts Guts & Thighs Johna+ 7:30 Kettlebell Nancy+</p>	<p>20 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 House Party Fitness Samantha</p>	<p>21 9:30 Total Body Conditioning Amy + 9:35 Yoga Judi ▲ 10:30 Zumba Valerie</p>
<p>22 3:00-4:25 Yoga Jane ▲ 3:30 Kettlebell Nancy+ 4:30-5:45 Zumba-Joy ▲</p>	<p>23 5:30am Powercut Johna+ 8:30 Yoga Rebecca ▲ 8:30 Powercut Kim+ 9:30 Piloxing Knockout Sophia 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+ 6:00 SynrgyTRX Johna 6:30 Cardio Sculpt Lauren+ 6:30 Yoga Jane ▲ 7:30 House party fitness Samantha ▲</p>	<p>24 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+ 6:30 Barre Basics Tracy+ 6:30 Zumba Joy ▲ 7:30 Total Body Conditioning Nancy+ Samantha ▲</p>	<p>25 5:30am Powercut Johna+ 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>26 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+ 1:00 RX Fitness Mary Helen ▲ 5:30 Yoga Stacy+ 6:30 NO Strong by Zumba Johna+ 6:30 Butts Guts & Thighs Johna+ 7:30 Kettlebell Nancy+</p>	<p>27 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 Judi ▲ 6:30 NO Zumba</p>	<p>28 9:30 Total Body Conditioning Lauren+ 9:35 Yoga Carol ▲ 10:30 Zumba Valerie</p>
<p>29 3:00-4:25 Yoga Judi ▲ 3:30 Kettlebell Nancy+ 4:30-5:45 Zumba-Joy ▲</p>	<p>30 5:30am Powercut Johna+ 8:30 Yoga Rebecca ▲ 8:30 Powercut Tracy+ 9:30 Piloxing Knockout Sophia 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+ 6:00 SynrgyTRX Johna 6:30 Cardio Sculpt Lauren+ 6:30 Yoga Judi ▲ 7:30 House party fitness Samantha ▲</p>	<p>31 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+ 6:30 Barre Basics Tracy+ 6:30 Zumba Joy ▲ 7:30 Total Body Conditioning Nancy+ Samantha ▲</p>				<p>▲-Gymnastics Room +-Multi-Purpose Room *-Robin Givens Youth Room Please note that class times are 55 minutes unless otherwise noted.</p>