



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		MELT class has been renamed. It is now on the calendar as RESTORE
Monday-Thursday	5am-10pm	Monday	8am-2:00pm 4-7:30pm	
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	

AUGUST 2017 CYCLING						
SUN	MON	TUE	WED	THU	FRI	SAT
		1 5:45am Larry 12:10-1:00 pm Tracy 5:15 Cycling Lite Mary Helen 6:15 Nancy	2 9:30 Mary Helen	3 5:45am Larry 12:10-1:00 pm Nancy 5:30 Nancy	4 9:30 Tracy	5 8:30 am Nancy
6	7 9:30 Patch 6:15pm Nancy	8 5:45am Larry 12:10-1:00 pm Tracy 5:15 Cycling Lite Patch 6:15 Lauren	9 9:30 Patch	10 5:45am Larry 12:10-1:00 pm Nancy 5:30 Nancy	11 9:30 Tracy	12 8:30 am Lauren
13	14 9:30 Patch 6:15pm Nancy	15 5:45am Patch 12:10-1:00 pm Nancy 5:15 Cycling Lite Patch 6:15 Lauren	16 9:30 Patch	17 5:45am Patch 12:10-1:00 pm Nancy 5:30 Patch	18 9:30 Patch	19 8:30 Nancy
20	21 9:30 Patch 6:15pm Nancy	22 5:45am Larry 12:10-1:00 pm Tracy 5:15 Cycling Lite Patch 6:15 Lauren	23 9:30 Patch	24 5:45am Larry 12:10-1:00 pm Nancy 5:30 Patch	25 9:30 Tracy	26 8:30 am Tracy
27	28 9:30 Patch 6:15pm Nancy	29 5:45am Larry 12:10-1:00 pm Tracy 5:15 Cycling Lite Patch 6:15 Lauren	30 9:30 Patch	31 5:45am Larry 12:10-1:00 pm Nancy 5:30 Patch		

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 5:45-6:45am 360 Yoga Judi▲ 8:00 RESTORE Kim▲ 9:30 Piloxing Sophia+ 9:30 Deep Stretch Balette▲ 10:00 Aqua Johna (pool) 10:30 Low Step Balette+ 12:10 Yoga Stacy▲ 1:00 RX Fitness Mary Helen▲ 5:30 Tai Chi Al+ 6:30 Barre Basics Tracy+ 6:30 Zumba Joy▲ 7:30 Total Body Conditioning Nancy+	2 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 Nancy+ 6:00 SyngyTRX Johna 6:30 Yoga Judi▲ 7:30 Zumba Toning Joy▲	3 5:45-6:45am 360 Yoga Mary 8:00 RESTORE Kim▲ 8:30 Cardio Sculpt Tracy+ 9:30 Deep Stretch Balette▲ 10:00 Aqua Johna (pool) 10:30 Low Step Balette+ 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+	4 5:30am SyngyTRX 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 Stacy▲ 6:30 Zumba Joy	5 9:00 Aqua Aerobics Johna K (pool) 9:30 Total Body Conditioning Tracy+ 9:35-10:50 Yoga Judi▲ 10:30 Zumba Valerie+

6 3:00-4:25pm Yoga Judi ▲ 4:30 Kettlebell Nancy+ 4:30-5:45 Zumba-Joy ▲	7 5:30am Powercut JohnaK+ 8:30 Yoga Judi ▲ 8:30 Powercut Tracy 9:30 Piloxing Knockout Sophia+ 9:30 RX Fitness Balette ▲ 10:00 Aqua Dance Gretchen (pool) 10:30 Low Aerobics Balette ▲ 11:30 Line Dance Balette ▲ 12:10-12:45 Kettlebell Nancy+ 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 ▲	8 5:45-6:45am 360 Yoga Mary ▲ 8:00 RESTORE Kim ▲ 9:30 Piloxing Sophia+ 9:30 Deep Stretch Balette ▲ 10:00 Aqua Johna (pool) 10:30 Low Step Balette+ 12:10 Yoga Stacy ▲ 1:00 RX Fitness Mary Helen ▲ 5:30 Tai Chi Al+ 6:30 Barre Basics Tracy+ 6:30 Zumba Joy ▲ 7:30 Total Body Conditioning Nancy+	9 5:30am Powercut JohnaK+ 8:30 Yoga Carol ▲ 8:30 Powercut Sophia+ 9:30 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+ 6:00 SynrgyTRX Johna 6:30 Yoga Melissa ▲ 7:30 Zumba Toning Joy ▲	10 5:45-6:45am 360 Yoga Mary 8:00 RESTORE Kim ▲ 8:30 Cardio Sculpt Tracy+ 9:30 Deep Stretch Balette ▲ 10:00 Aqua Johna (pool) 10:30 Low Step Balette+ 1:00 RX Fitness Balette ▲ 5:30 Yoga Stacy+ 6:30 Strong by Zumba Gretchen ▲ 6:30 Butts Guts & Thighs Johna+ 7:30 Kettlebell Nancy+	11 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+	12 9:00 Aqua Aerobics Johna K (pool) 9:30 Total Body Conditioning Lauren+ 9:35-10:50 Yoga Carol ▲ 10:30 Zumba Valerie+
13 3:00-4:25 Yoga Stacy ▲ 4:30 Kettlebell Nancy+ 4:30-5:45 Zumba-Joy ▲	14 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+ 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 ▲	15 5:45-6:45am 360 Yoga Mary ▲ 8:00 RESTORE Kim ▲ 9:30 Piloxing Sophia+ 9:30 Deep Stretch Balette ▲ 10:00 Aqua (pool) 10:30 Low Step Balette+ 12:10 Yoga Stacy ▲ 1:00 RX Fitness Mary Helen ▲ 5:30 Tai Chi Al+ 6:30 NO Barre Basics 6:30 Zumba Joy ▲ 7:30 Total Body Conditioning Nancy+	16 5:30am Powercut JohnaK+ 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+ 6:00 SynrgyTRX Johna K 6:30 Yoga Judi ▲ 7:30 Zumba Toning Joy ▲	17 5:45-6:45am 360 Yoga Mary ▲ 8:00 RESTORE Kim ▲ 8:30 Cardio Sculpt Kim P+ 9:30 Deep Stretch Balette ▲ 10:00 Aqua (pool) 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+	18 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 Joy +	19 9:00 Aqua Aerobics Johna K (pool) 9:30 Total Body Conditioning Nancy + 9:35 Yoga Mary ▲ 10:30 Zumba Valerie+
20 3:00-4:25 Yoga Carol ▲ 4:30 Kettlebell Nancy+ 4:30-5:45 Zumba-Joy ▲	21 5:30am Powercut Johna+ 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 Dancing Balette ▲ 12:10-12:45pm Kettlebell Nancy+ 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 ▲	22 5:45-6:45am 360 Yoga Mary ▲ 8:00 RESTORE Kim ▲ 9:30 Piloxing Sophia 9:30 Deep Stretch Balette ▲ 10:00 Aqua (pool) 10:30 Low Step Balette+ 12:10 Yoga Stacy ▲ 1:00 RX Fitness Mary Helen ▲ 5:30 Tai Chi Al+ 6:30 Barre Basics Tracy+ 6:30 Zumba Joy ▲ 7:30 Total Body Conditioning Nancy+	23 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+ 6:00 SynrgyTRX Johna K 6:30 Yoga Melissa ▲ 7:30 Zumba Toning Joy ▲	24 5:45-6:45am 360 Yoga Mary ▲ 8:00 RESTORE Kim ▲ 8:30 Cardio Sculpt Tracy 9:30 Deep Stretch Balette ▲ 10:00 Aqua (pool) 10:30 Low Step Balette+ 1:00 RX Fitness Mary Helen ▲ 5:30 Yoga Stacy+ 6:30 Strong by Zumba Gretchen ▲ 6:30 Butts Guts & Thighs Monica+ 7:30 Kettlebell Nancy+	25 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 Gretchen	26 9:00 Aqua Aerobics Johna K (pool) 9:30 Total Body Conditioning Monica + 9:35 Yoga Mary ▲ 10:30 NO Zumba
27 3:00-4:25 Level II Yoga Mary ▲ 4:30 Kettlebell Johna+ 4:30-5:45 Zumba-Joy ▲	28 5:30am Powercut Johna+ 8:30 Yoga Carol ▲ 8:30 Powercut Tracy/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+ 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 ▲	29 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 ▲ 5:30 Tai Chi Al+ 6:30 Barre Basics Tracy 6:30 Zumba Joy ▲ 7:30 Total Body Conditioning Nancy+	30 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+ 6:00 SynrgyTRX Johna 6:30 Yoga Judi ▲ 7:30 Zumba Toning Joy ▲	31 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 Strong by Zumba Samantha ▲ 6:30 Butts Guts & Thighs Johna+ 7:30 Kettlebell Nancy+		