



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		NEW IN JUNE:
Monday-Thursday	5am-10pm	Monday	8am-2:00pm 4-8:30pm	Tai Chi on Tuesdays at 5:30 pm
Friday	5am-9pm	Tuesday	8am-1pm 4-7:30pm	Mindful Meditation on Tuesdays and Thursdays from 7:00 am until 7:45 am
Saturday	7am-6pm	Wednesday	8am-2:00pm 4-8:30pm	Aqua Aerobics is back starting June 3 rd on Saturdays at 9:00 a.m. Starting on the 13 th , classes will be on Mondays, Tuesdays and Thursdays at 10:00 am at the pool
Sunday	1-6pm	Thursday	8am-1pm 4-7:30pm	Kettlebell is moving to 4:30 on Sundays through the summer months!!
		Friday	8-11:30am 4-7:30pm	
		Saturday	8-11:30am	
		Sunday	2:50-6pm	

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

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 Mary▲ 7:00-7:45 Mindful Meditation Melanie▲ 8:00 MELT and Body Balls 90min 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 Amy+ 7:30 Kettlebell Nancy+	2 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 House Party Fitness Samantha+	3 9:00 Aqua Aerobics Johna K (pool) 9:30 Total Body Conditioning Tracy+ 9:35-10:50 Yoga Judi▲ 10:30 Zumba Samantha+

<p>4 3:00-4:25pm Yoga Stacy▲ 4:30 Kettlebell Nancy+ 4:30-5:45 Zumba-Joy▲</p>	<p>5 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+ 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>6 5:45-6:45am 360 Yoga Judi▲ 7:00-7:45 Mindful Meditation Melanie▲ 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▲ 5:30 Tai Chi Al+ 6:30 Barre Basics Tracy+ 6:30 Zumba Joy▲ 7:30 Total Body Conditioning Nancy+</p>	<p>7 5:30am Powercut JohnaK+ 8:30 Yoga Carol▲ 8:30 Powercut Kim+ 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 Tracy 6:30 Yoga Judi▲ 7:30 Zumba Toning Joy▲</p>	<p>8 5:45-6:45am 360 Yoga Judi 7:00-7:45 Mindful Meditation Melanie▲ 8:00 MELT and Body Balls 90min 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 Gretchen▲ 6:30 Butts Guts & Thighs Johna K+ 7:30 Kettlebell Nancy+</p>	<p>9 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 Stacy▲ 6:30 Zumba Joy+</p>	<p>10 9:00 Aqua Aerobics Johna K (pool) 9:30 Total Body Conditioning Lauren+ 9:35-10:50 Yoga Carol▲ 10:30 Zumba Samantha+</p>
<p>11 3:00-4:25 Yoga Mary▲ 4:30 Kettlebell Nancy+ 4:30-5:45 Zumba-Joy▲</p>	<p>12 5:30am Powercut JohnaK+ 8:30 Yoga Carol▲ 8:30 Powercut Kim+ 9:30 NO Piloxing Knockout 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 Mary▲ 7:30 House Party Fitness Samantha▲</p>	<p>13 5:45-6:45am 360 Yoga Mary▲ 7:00-7:45 Mindful Meditation Melanie▲ 8:00 MELT Kim▲ 8:30 NO Piloxing 9:30 Deep Stretch Balette▲ 10:00 Aqua Johnna (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+</p>	<p>14 5:30am Powercut JohnaK+ 8:30 Yoga Carol▲ 8:30 Powercut Kim+ 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▲</p>	<p>15 5:45-6:45am 360 Yoga Mary▲ 7:00-7:45 Mindful Meditation Melanie▲ 8:00 MELT and Body Balls Kim▲ 8:30 Cardio Sculpt Tracy+ 9:30 Deep Stretch Balette▲ 10:00 Aqua Johnna (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 K+ 7:30 Kettlebell Nancy+</p>	<p>16 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 Zumba Valerie +</p>	<p>17 9:00 Aqua Aerobics Johna K (pool) 9:30 Total Body Conditioning Amy + 9:35 Yoga Mary▲ 10:30 Zumba Valerie+</p>
<p>18 3:00-4:25 Yoga Carol▲ 4:30 Kettlebell Nancy+ 4:30-5:45 Zumba-Samantha▲</p>	<p>19 5:30am Powercut Johna+ 8:30 Yoga Carol▲ 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 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 Mary▲ 7:30 House party fitness Samantha▲</p>	<p>20 5:45-6:45am 360 Yoga Mary▲ 7:00-7:45 Mindful Meditation Melanie▲ 8:00 MELT 90min Kim▲ 8:30 Piloxing 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 Sam▲ 7:30 Total Body Conditioning Nancy+</p>	<p>21 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 Sam▲</p>	<p>22 5:45-6:45am 360 Yoga Mary▲ 7:00-7:45 Mindful Meditation Melanie▲ 8:00 MELT and Body Balls 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 Monica+ 7:30 Kettlebell Nancy+</p>	<p>23 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 House Party Fitness Samantha+</p>	<p>24 9:00 Aqua Aerobics Johna K (pool) 9:30 Total Body Conditioning Nancy + 9:35 Yoga Stacy▲ 10:30 Zumba Samantha+</p>
<p>25 3:00-4:25 Level II Yoga Mary▲ 4:30 Kettlebell Nancy+ 4:30-5:45 Zumba-Joy▲</p>	<p>26 5:30am Powercut Johna+ 8:30 Yoga Carol▲ 8:30 Powercut Kim+ 9:30 Piloxing Knockout 9:30 RX Fitness Balette▲ 10:00 Aqua Dance Gretchen (pool) 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 Mary▲ 7:30 House party fitness Samantha▲</p>	<p>27 5:45-6:45am 360 Yoga Mary▲ 7:00-7:45 Mindful Meditation Melanie▲ 8:00 MELT 90min Kim▲ 8:30 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+</p>	<p>28 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▲</p>	<p>29 5:45-6:45am 360 Yoga Judi 7:00-7:45 Mindful Meditation Melanie▲ 8:00 MELT and Body Balls 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 Samantha▲ 6:30 Butts Guts & Thighs Johna+ 7:30 Kettlebell Nancy+</p>	<p>30 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 Zumba Valerie +</p>	