



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	THE ROBIN RUN IS NOVEMBER 11 <sup>TH</sup> . SIGN UP TODAY!!  Intro to Meditation at 3:00 on Tuesdays with Rusty Stephens
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		

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

Nan

SUN	MON	TUE	WED	THU	FRI	SAT
			1 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▲	2 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 NO RX Fitness 5:30 Yoga Stacy 6:30 Strong by Zumba Samantha▲ 6:30 Butts Guts & Thighs Amy+ 7:30 Kettlebell Nancy+	3 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+	4 9:30 Total Body Conditioning Lauren+ 9:35-10:50 Yoga Stacy▲ 10:30 Zumba Samantha+

5 3:00-4:25pm Level II Yoga Mary▲ 3:30 Kettlebell Johna K+ 4:30-5:45 Zumba-Joy▲	6 5:30am Powercut JohnaK+ 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▲	7 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+	8 5:30am Powercut JohnaK+ 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▲	9 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+	10 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	11 9:30 Total Body Conditioning Tracy+ 9:35-10:50 Yoga Judi▲ 10:30 NO Zumba  COME JOIN US FOR THE ROBIN RUN
12 3:00-4:25 Yoga Jane▲ 3:30 Kettlebell Nancy+ 4:30-5:45 Zumba-Joy▲	13 5:30am Powercut JohnaK+ 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 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▲	14 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+	15 5:30am Powercut JohnaK+ 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 Melissa▲ 7:30 Zumba Toning Joy▲	16 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+	17 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 Zumba Valerie	18 9:30 Total Body Conditioning Army + 9:35 Yoga Carol▲ 10:30 Zumba Samantha
19 3:00-4:25 Yoga Stacy▲ 3:30 Kettlebell Nancy+ 4:30-5:45 Zumba-Joy▲	20 5:30am Powercut Johna+ 8:30 Yoga Rebecca▲ 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 Judi▲ 7:30 House party fitness Samantha▲	21 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+	22 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 Judi▲ 7:30 NO Zumba Toning	23 CLOSED  Happy Thanksgiving!	24 5:30am SynrgyTRX Johna K 8:30 Yoga Rebecca▲ 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 NO Zumba	25 9:30 Total Body Conditioning Monica+ 9:35 Yoga Mary▲ 10:30 Zumba Valerie
26 3:00-4:25 Yoga Judi▲ 3:30 Kettlebell Nancy+ 4:30-5:45 Zumba-Joy▲	27 5:30am Powercut Johna+ 8:30 Yoga Rebecca▲ 8:30 Powercut Tracy+ 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▲	28 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+	29 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 Joy▲	30 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+		▲-Gymnastics Room +-Multi-Purpose Room *-Robin Givens Youth Room Please note that class times are 55 minutes unless otherwise noted.