






# MAY GROUP EX CLASS SCHEDULE

Foundation YMCA

233 Nash Street N Wilson, NC 27893 • 252.291.9622 • Foundationymca.org

<b>Hours of Operation</b>	<b>Child Watch Hours</b>	<b>Fitness Class Announcements</b>
Monday-Friday 5am-8pm Saturday 7am-4pm Sunday 11am-5pm	Monday-Thursday 9am-1pm 5:00 pm-7:30pm Friday 9am-1pm Saturday 8:30am-11am Sunday CLOSED	Please download the Y APP to stay informed on class cancellations and changes; Scan QR Code to get app!
		 iPhone  Android

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>All classes are 50 minutes unless otherwise stated</b></p> <p>Group x Studio + mind/body room ^ Cycling Studio*</p>			<p>1</p> <p><b>5:30am Kettlebell Johna+</b> 8:30 Barre Class Ginny^ <b>9:30 Cycling Ginny*</b> 9:30 RX Fitness KimK+ <b>10:30 Chair Yoga RebeccaG+</b> 10:30Aqua Aerobics (pool) Betsy <b>12:10 Body blast Nancy+</b> 5:30 RESTORE Carol^ <b>5:30 Bootcamp RebeccaB+</b> 6:30 Zumba Joy+</p>	<p>2</p> <p><b>5:30 Cycling Johna *</b> 5:45 Yoga Stacy^ <b>8:30 RESTORE KimB^</b> 9:30 Deep Stretch Suzette^ <b>10:30 Beginners Pilates ^</b> 10:30 Aqua Betsy <b>10:30 Low Aerobics KimP+</b> 12:10 Cycling Nancy* <b>12:10 Pilates Suzette+</b> 1:00 RX Fitness Julie+ <b>5:30 Cycling Patch*</b> 5:30 Yin Yoga Kelly^ <b>6:30 Aqua dance Marisol</b> 6:30 Total Body RebeccaB+</p>	<p>3</p> <p><b>5:30am Cardio Intervals Johna+</b> 8:30 Yoga Stacy^ <b>9:30 Cycling RebeccaB*</b> 9:30 RX Fitness Julie+ <b>10:30 Line Dancing Deb+</b> 10:30 Aqua Stretch2o Sue (pool) <b>12:10-12:45 Body Blast Johna+</b></p>	<p>4</p> <p><b>8:30 Cycling RebeccaB*</b> 9:30 Total Body Conditioning RebeccaB+ <b>9:30- Yoga Judi^ ( 1 hour, 15 min)</b> 11:00 Aqua Dance Marisol (pool)</p>
	<p>5</p> <p><b>2:45 Yoga Judi ^ (1 hour, 15 min)</b> 4:00-4:45 Zumba Marisol +</p>	<p>6</p> <p><b>5:30am Powercut Johna+</b> 8:30 Yoga RebeccaG^ <b>8:30 Powercut Terry+</b> 9:30 Cycling Patch* <b>9:30 RX Fitness Julie+</b> 10:30 Line Dance Deb+ <b>10:30 Aqua Stretch2o Sue (pool)</b> 12:10-12:45 Body Blast Nancy+ (35 min) <b>12:10-1:00 Pilates Suzette^</b> 5:30 Cardio/strength intervals RebeccaB+ <b>5:30 Yoga Judi^</b> 6:30 Cycling Nancy* <b>6:30 NO CLASS</b> <b>Zumba Toning Joy+</b></p>	<p>7</p> <p><b>5:30 Cycling Johna*</b> 5:45-6:45am Yoga Stacy^ <b>8:30 RESTORE Carol^</b> 9:30 Deep Stretch RebeccaG^ <b>10:30 Aqua Aerobics (pool) Ginny</b> 10:30 Low aerobics KimP+ <b>12:10-12:55 Yoga Stacy ^</b> 1:00 RX Fitness Julie+ <b>5:30 Cycling Patch*</b> 5:30 Step/sculpt Amy+ <b>5:30 Pilates Ginny^</b> 6:30 Total Body Conditioning Nancy+ <b>6:30 Aqua dance(pool) Marisol</b></p>	<p>8</p> <p><b>5:30am Kettlebell Johna+</b> 8:30 Barre Class Ginny^ <b>9:30 Cycling Ginny*</b> 9:30 RX Fitness KimK+ <b>10:30 Chair Yoga RebeccaG+</b> 10:30Aqua Sue (pool) <b>12:10 Body blast Nancy+</b> 5:30 RESTORE Carol^ <b>5:30 Bootcamp RebeccaB+</b> 6:30 Zumba Joy+</p>	<p>9</p> <p><b>5:30 Cycling Johna *</b> 5:45 Yoga Stacy^ <b>8:30 RESTORE Carol^</b> 9:30 Deep Stretch Suzette^ <b>10:30 Beginners Pilates Suzette^</b> 10:30 Aqua Sue (pool) <b>10:30 Low Aerobics KimP+</b> 12:10 Cycling Nancy* <b>12:10 Pilates Suzette+</b> 1:00 RX Fitness Julie+ <b>5:30 Cycling Patch*</b> 5:30 Yoga Kelly^ <b>6:30 Total Body RebeccaB+</b> 6:30 Aqua Dance Marisol (pool)</p>	<p>10</p> <p><b>5:30am Cardio Intervals Johna+</b> 8:30 YOGA Stacy^ <b>9:30 Cycling RebeccaB*</b> 9:30 RX Fitness Julie+ <b>10:30 Line Dancing Deb^</b> 10:30 Aqua Stretch2o Sue (pool) <b>12:10-12:45 Body Blast Nancy^</b></p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12 <b>2:45 Yoga Kelly^</b> <b>( 1 hour, 15 min)</b> 4:00-4:45 Zumba-Joy+	13 <b>5:30am Powercut Johna+</b> 8:30 Yoga RebeccaG^ <b>8:30 Powercut Terry+</b> 9:30 Cycling Patch* <b>9:30 RX Fitness Julie+</b> 10:30 Line Dance Deb+ <b>10:30 Aqua Stretch2o Sue (pool)</b> 12:10-12:45 Body Blast Nancy+ (35 min) <b>12:10-1:00 Pilates Suzette^</b> 5:30 Cardio/strength intervals RebeccaB+ <b>5:30 Yoga Judi^</b> 6:30 Cycling Nancy* <b>6:30 Zumba Toning Joy+</b>	14 <b>5:30 Cycling RebeccaB*</b> 5:45-6:45am Yoga Stacy^ <b>8:30 RESTORE Carol^</b> 9:30 Deep Stretch RebeccaG^ <b>10:30 Aqua Aerobics (pool) Betsy</b> 10:30 Low aerobics/ tone Kim+ <b>12:10-12:55 Yoga Stacy ^</b> 1:00 RX Fitness Julie+ <b>5:30 Cycling Patch*</b> 5:30 Step/sculpt Amy+ <b>5:30 Pilates Suzette^</b> 6:30 Total Body Conditioning Nancy+ <b>6:30 Aqua dance(pool) Marisol</b>	15 <b>5:30am Kettlebell Johna+</b> 8:30 Barre Combo Ginny^ <b>9:30 Cycling Ginny*</b> 9:30 RX Fitness KimK+ <b>10:30 Chair Yoga RebeccaG+</b> 10:30Aqua Aerobics (pool) Betsy <b>12:10 Body blast Nancy+</b> 5:30 RESTORE Carol^ <b>5:30 Bootcamp RebeccaB+</b> 6:30 Zumba Joy+	16 <b>5:30 Cycling Johna*</b> 5:45-6:45am Yoga Stacy^ <b>8:30 RESTORE Carol^</b> 9:30 Deep Stretch Suzette^ <b>10:30 Aqua Aerobics (pool) Betsy</b> 10:30 Low Aerobics Kim+ <b>10:30 Beginners Pilates (30 min) Suzette^</b> 12:10 Cycling Nancy* <b>12:10 Pilates Suzette^</b> 1:00 RX Fitness Julie+ <b>5:30 Cycling Patch*</b> 5:30 Yoga Kelly^ <b>6:30 Total Body Conditioning RebeccaB+</b> 6:30 Aqua Dance (pool) Marisol	17 <b>5:30am Cardio Intervals Johna+</b> 8:30 Yoga Stacy^ <b>9:30 Cycling RebeccaB*</b> 9:30 RX Fitness Julie+ <b>10:30 Aqua Stretch2o Sue (pool)</b> 10:30 Line Dancing Deb+ <b>12:10-12:45 Body Blast Nancy+</b>	18 <b>8:30 Cycling Johna*</b> 9:30 Total Body Conditioning Amy+ <b>9:30 Yoga Asia^</b> 11:00 Aqua Dance Marisol (pool)
19 <b>2:45 Yoga Judi ^</b> <b>( 1 hour, 15 min)</b> 4:00-4:45 Zumba-Joy+	20 <b>5:30am Powercut Johna+</b> 8:30 Yoga RebeccaG^ <b>8:30 Powercut Terry+</b> 9:30 Cycling Patch* <b>9:30 RX Fitness KimP+</b> 10:30 Line Dance Deb+ <b>10:30 Aqua Stretch2o Sue (pool)</b> 12:10-12:45 Body Blast Nancy+ (35 min) <b>12:10-1:00 Pilates Suzette^</b> 5:30 Cardio/strength intervals Amy+ <b>5:30 Yoga Judi^</b> 6:30 Cycling Nancy* <b>6:30 Zumba toning Joy+</b>	21 <b>5:30 Cycling Johna*</b> 5:45-6:45am Yoga Stacy^ <b>8:30 RESTORE Carol^</b> 9:30 Deep Stretch RebeccaG^ <b>10:30 Low aerobics/ tone KimP+</b> 10:30 Aqua aerobics Betsy (pool) <b>12:10-12:55 Yoga Stacy^</b> 1:00 NO CLASS RX Fitness <b>5:30 Cycling Patch*</b> 5:30 Step/sculpt Amy+ <b>5:30 Pilates Ginny^</b> 6:30 Total Body Conditioning Nancy+ <b>6:30 Aqua Dance Marisol (pool)</b>	22 <b>5:30am Kettlebell JohnaK+</b> 8:30 Barre Combo Ginny^ <b>9:30 Cycling Ginny*</b> 9:30 RX Fitness KimK+ <b>10:30 Chair Yoga RebeccaG+</b> 10:30 Aqua aerobics Betsy (pool) <b>12:10 Body blast Nancy+</b> 5:30 RESTORE Carol^ <b>5:30 Bootcamp Tom+</b> 6:30 Zumba Joy+	23 <b>5:30 Cycling Johna*</b> 5:45-6:45am Yoga Stacy^ <b>8:30 RESTORE Carol^</b> 9:30 Deep Stretch Suzette^ <b>10:30 Aqua Aerobics (pool) Betsy</b> 10:30 Low Aerobics Kim+ <b>10:30 Beginners Pilates (30 min) Suzette^</b> 12:10 Cycling Nancy* <b>12:10 Pilates Suzette^</b> 1:00 RX Fitness Julie+ <b>5:30 Cycling Patch*</b> 5:30 Yoga Kelly^ <b>6:30 NO CLASS Total Body Conditioning</b> 6:30 Aqua Dance Marisol (pool)	24 <b>5:30am Cardio Intervals Johna+</b> 8:30 Yoga RebeccaG^ <b>9:30 Cycling Patch*</b> 9:30 RX Fitness Julie+ <b>10:30 Line Dancing Deb+</b> 10:30 Aqua Stretch2o Sue (pool) <b>12:10-12:45 Body Blast Nancy +</b>	25 <b>N O C L A S S E S</b>
26 <b>N O C L A S S E S</b>	27  <b>C L O S E D</b>  	28 <b>5:30 NO cycling*</b> 5:45-6:45am Yoga Stacy^ <b>8:30 RESTORE Carol^</b> 9:30 Deep Stretch RebeccaG^ <b>10:30 Aqua aerobics (pool) Betsy</b> 10:30 Low aerobics/ tone KimP+ <b>12:10-12:55 Yoga Stacy ^</b> 1:00 RX Fitness Julie+ <b>5:30 Cycling Patch*</b> 5:30 Step/sculpt Amy+ <b>5:30 Pilates Ginny^</b> 6:30 Aqua Dance Marisol(pool) <b>6:30 Total Body Conditioning Nancy+</b>	29 <b>5:30am Kettlebell Johna+</b> 8:30 Barre Class Ginny <b>9:30 Cycling Ginny*</b> 9:30 RX Fitness Kimk+ <b>10:30 Chair Yoga RebeccaG+</b> 10:30Aqua Betsy (pool) <b>12:10 Body blast Nancy+</b> 5:30 RESTORE Carol^ <b>5:30 Bootcamp Tom+</b> 6:30 Zumba Joy+	30 <b>5:30 Cycling Johna *</b> 5:45 Yoga Stacy^ <b>8:30 RESTORE Carol^</b> 9:30 Deep Stretch Suzette^ <b>10:30 Beginners Pilates Suzette^</b> 10:30 Aqua Betsy <b>10:30 Low Aerobics KimP+</b> 12:10 Cycling Nancy <b>12:10 Pilates Suzette+</b> 1:00 RX Fitness Julie+ <b>5:30 Cycling Patch*</b> 5:30 Yoga Kelly^ <b>6:30 Total Body RebeccaB+</b> 6:30 Aqua Dance Marisol (pool)	31 <b>5:30am Cardio Intervals Johna+</b> 8:30 YOGA Stacy^ <b>9:30 Cycling RebeccaB*</b> 9:30 RX Fitness Julie+ <b>10:30 Line Dancing Deb^</b> 10:30 Aqua Stretch2o Sue (pool) <b>12:10-12:45 Body Blast Nancy^</b>	Group x Studio+ mind/body room^ Cycling Studio*