



# FOUNDATION YMCA APRIL GROUP EX CLASS SCHEDULE

233 NASH STREET N WILSON, NC 27893 • 252.291.9622 • FOUNDATIONYMCA.ORG

<p><b>Hours of Operation</b></p> <p>Monday–Friday 5am–8pm Saturday 7am–4pm Sunday 11am–5pm</p>	<p><b>Child Watch Hours</b></p> <p>Monday–Thursday 9am–1pm 5:00 pm–7:30pm Friday 9am–1pm Saturday 8:00am–11am Sunday CLOSED</p>	<p><b>Fitness Class Announcements</b></p> <p>WE HAVE A NEW APP! Please download the Y APP to stay informed on class cancellations and changes; Scan QR Code to get app!</p> <div style="display: flex; justify-content: space-around;">   </div> <p style="text-align: center;">IPHONE                      ANDROID</p>
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p><b>1</b></p> <p><b>5:30 Cycling Johna*</b> 5:45–6:45am Yoga Stacy^</p> <p><b>8:30 RESTORE Carol^</b> 9:30 Deep Stretch RebeccaG^</p> <p><b>10:30 Aqua Aerobics (pool) Betsy</b> 10:30 Low aerobics KimP+</p> <p><b>12:10–12:55 Yoga Stacy^</b> 1:00 RX Fitness kimP+</p> <p><b>5:30 Cycling Patch*</b> 5:30 Step/sculpt Amy+</p> <p><b>5:30 Pilates Ginny^</b> 6:30 Total Body Conditioning Nancy+</p> <p><b>6:30 Aqua dance Toshia (pool)</b></p>	<p><b>2</b></p> <p><b>5:30am Kettlebell Johna+</b> 8:30 Barre Combo Ginny^</p> <p><b>9:30 Cycle Ginny*</b> 9:30 RX Fitness Julie+</p> <p><b>10:30 Chair Yoga RebeccaG+</b> 10:30Aqua Betsy (pool)</p> <p><b>12:10 Body blast Nancy+</b> 5:30 RESTORE Carol^</p> <p><b>5:30 Bootcamp Nancy+</b> 6:30 Zumba Joy+</p>	<p><b>3</b></p> <p><b>5:30 Cycling Lauren*</b> 5:45 Yoga Stacy^</p> <p><b>8:30 RESTORE Carol^</b> 9:30 Deep Stretch Suzette^</p> <p><b>10:30 Beginners Pilates (30 min) Suzette^</b> 10:30 Aqua aerobics Betsy (pool)</p> <p><b>10:30 Low Aerobics KimP+</b> 12:10 Cycling Nancy*</p> <p><b>12:10 Pilates Suzette^</b> 1:00 RX Fitness Julie+</p> <p><b>5:30 Cycling Patch*</b> 5:30 Yin Yoga Kelly^</p> <p><b>5:30 Total Body RebeccaB+</b> 6:30 Aqua Dance Toshia (pool)</p>	<p><b>4</b></p> <p><b>5:30am Cardio Intervals Johna+</b> 8:30 YOGA Stacy^</p> <p><b>9:30 Cycling RebeccaB*</b> 9:30 RX Fitness Julie+</p> <p><b>10:30 Line Dancing Deb^</b> 10:30 Aqua Stretch2o Sue (pool)</p> <p><b>12:10–12:45 Body Blast Nancy+</b></p>	<p><b>5</b></p> <p><b>8:30 Cycling Nancy*</b> 9:30 Total Body Conditioning Lauren+</p> <p><b>9:30– Yoga Kelly^ (1 hour, 15 min)</b> 9:30 Level Up Kids Class– Court B–ages 7–12</p> <p><b>11:00 Aqua Dance Toshia (pool)</b></p>
<p><b>6</b></p> <p><b>2:45 Yoga Judi^ (1 hour, 15 min)</b> 4:00–4:45 Zumba Joy+</p>	<p><b>7</b></p> <p><b>5:30am Powercut Lauren+</b> 8:30 Yoga RebeccaG^</p> <p><b>9:30 Cycling Patch*</b> 9:30 RX Fitness Julie+</p> <p><b>10:30 Line Dance Deb+</b> 10:30 Aqua Stretch2o Sue(pool)</p> <p><b>12:10–12:45 Body Blast Nancy+ (35 min)</b> 12:10–1:00 Pilates Suzette^</p> <p><b>5:30 Cardio/strength intervals RebeccaB+</b> 5:30 Yoga Judi^</p> <p><b>6:30 Zumba Toning Joy+</b> 6:30 Cycling Nancy*</p>	<p><b>8</b></p> <p><b>5:30 Cycling Johna*</b> 5:45–6:45am Yoga Stacy^</p> <p><b>8:30 RESTORE Carol^</b> 9:30 Deep Stretch RebeccaG^</p> <p><b>10:30 Aqua Aerobics (pool) Betsy</b> 10:30 Low aerobics KimP+</p> <p><b>12:10–12:55 Yoga Stacy^</b> 1:00 RX Fitness Julie+</p> <p><b>5:30 Cycling Patch*</b> 5:30 Step/sculpt Lauren+</p> <p><b>5:30 Pilates Ginny^</b> 6:30 Total Body Conditioning Nancy+</p> <p><b>6:30 Aqua dance Toshia (pool)</b></p>	<p><b>9</b></p> <p><b>5:30am Kettlebell Johna+</b> 8:30 Barre Combo Ginny^</p> <p><b>9:30 Cycle ginyin*</b> 9:30 RX Fitness Julie+</p> <p><b>10:30 Chair Yoga RebeccaG+</b> 10:30Aqua Betsy (pool)</p> <p><b>12:10 Body blast Nancy+</b> 5:30 RESTORE Carol^</p> <p><b>5:30 Bootcamp Lauren+</b> 6:30 Zumba Joy+</p>	<p><b>10</b></p> <p><b>5:30 Cycling Johna*</b> 5:45 Yoga Stacy^</p> <p><b>8:30 RESTORE Carol^</b> 9:30 Deep Stretch Suzette^</p> <p><b>10:30 Beginners Pilates (30 min) Suzette^</b> 10:30 Aqua aerobics Betsy (pool)</p> <p><b>10:30 Low Aerobics KimP+</b> 12:10 Cycling Nancy*</p> <p><b>12:10 Pilates Suzette^</b> 1:00 RX Fitness Julie+</p> <p><b>5:30 Cycling Patch*</b> 5:30 Yin Yoga Judi^</p> <p><b>5:30 Total Body RebeccaB+</b> 6:30 Aqua Dance Toshia (pool)</p>	<p><b>11</b></p> <p style="text-align: center;"><b>YMCA CLOSED FOR FACILITY CLEANING</b></p>	<p><b>12</b></p> <p style="text-align: center;"><b>YMCA CLOSED FOR FACILITY CLEANING</b></p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>13</p> <p><b>2:45 Yoga Mary^ ( 1 hour, 15 min)</b> 4:00-4:45 Zumba-Joy+</p>	<p>14</p> <p><b>5:30am Powercut Lauren+</b> 8:30 Yoga RebeccaG^ <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 Zumba Toning Joy+</b> 6:30 Cycling Nancy*</p>	<p>15</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) 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 Ginny^</b> 6:30 Total Body Conditioning Nancy+ <b>6:30 Aqua dance Toshia(pool)</b></p>	<p>16</p> <p><b>5:30am Kettlebell Johna+</b> 8:30 Barre Combo Ginny^ <b>9:30 Cycle Ginny*</b> 9:30 RX Fitness Deb+ <b>10:30 Chair Yoga RebeccaG+</b> 10:30Aqua aerobics Betsy (pool) <b>12:10 Body blast Nancy+</b> 5:30 RESTORE Carol^ <b>5:30 Bootcamp Lauren+</b> 6:30 Zumba Joy+</p>	<p>17</p> <p><b>5:30 Cycling Lauren*</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 Judi^ <b>5:30 Total Body Conditioning RebeccaB+</b> 6:30 Aqua Dance Toshia (pool)</p>	<p>18</p> <p><b>5:30am cardio intervals Lauren+</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></p>	<p>19</p> <p><b>8:30 Cycling RebeccaB*</b> 9:30 Total Body Conditioning RebeccaB+ <b>9:30 Yoga Judi^</b> 9:30 Level Up Kids Class- Court B-ages 7-12 <b>11:00 Aqua aerobics Toshia (pool)</b></p>
<p>20</p> <p><b>CLOSED</b></p> <p><b>HAPPY EASTER</b></p> 	<p>21</p> <p><b>5:30am Powercut Lauren+</b> 8:30 Yoga RebeccaG^ <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 Stacy^ <b>5:30 Cardio/strength intervals RebeccaB+</b> 5:30 Yoga Judi^ <b>6:30 Zumba toning Joy+</b> 6:30 Cycling Nancy*</p>	<p>22</p> <p><b>5:30 Cycling Johna*</b> 5:45-6:45am Yoga Stacy^ <b>8:30 RESTORE Kim B^</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 Ginny^</b> 6:30 Total Body Conditioning Nancy+ <b>6:30 Aqua dance Toshia (pool)</b></p>	<p>23</p> <p><b>5:30am Kettlebell Johna+</b> 8:30 Barre Combo Ginny^ <b>9:30 Cycle Ginny*</b> 9:30 RX Fitness Julie+ <b>10:30 Chair Yoga Rebecca G+</b> 10:30Aqua aerobics Betsy (pool) <b>12:10 Body blast Nancy+</b> 5:30 NO RESTORE <b>5:30 Bootcamp Lauren+</b> 6:30 Zumba Joy+</p>	<p>24</p> <p><b>5:30 Cycling Lauren*</b> 5:45-6:45am Yoga Stacy^ <b>8:30 RESTORE Kim B^</b> 9:30 Deep Stretch Rebecca G^ <b>10:30 Aqua total body Sue (pool)</b> 10:30 Low Aerobics Kim+ <b>10:30 NO Beginners Pilates</b> 12:10 Cycling Nancy* <b>12:10 Pilates Stacy^</b> 1:00 RX Fitness Julie+ <b>5:30 Cycling Patch*</b> 5:30 Yoga Lee^ <b>5:30 Total Body Conditioning RebeccaB+</b> 6:30 Aqua Dance Toshia (pool)</p>	<p>25</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>	<p>26</p> <p><b>8:30 Cycling Patch*</b> 9:30 Total Body Conditioning Amy+ <b>9:30 Yoga Asia^</b> 9:30 Level Up Kids Class- Court B-ages 7-12 <b>11:00 NO Aqua Dance</b></p>
<p>27</p> <p><b>2:45 Yoga Lee^ (1 hour, 15 min)</b> 4:00-4:45 Zumba Joy+</p>	<p>28</p> <p><b>5:30am Powercut Lauren+</b> 8:30 Yoga RebeccaG^ <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 Lauren+</b> 5:30 Yoga Judi^ <b>6:30 Zumba Toning Joy+</b> 6:30 Cycling Nancy*</p>	<p>29</p> <p><b>5:30 Cycling Johna*</b> 5:45-6:45am Yoga Stacy^ <b>8:30 RESTORE KimB^</b> 9:30 Deep Stretch RebeccaG^ <b>10:30 Aqua Total Body Sue (pool)</b> 10:30 Low aerobics 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 Ginny^</b> 6:30 Total Body Conditioning Nancy+ <b>6:30 Aqua dance Toshia(pool)</b></p>	<p>30</p> <p><b>5:30am Kettlebell Johna+</b> 8:30 Barre Combo Ginny^ <b>9:30 Cycle Ginny*</b> 9:30 RX Fitness Julie+ <b>10:30 Chair Yoga RebeccaG+</b> 10:30Aqua Betsy (pool) <b>12:10 Body blast Nancy+</b> 5:30 NO RESTORE <b>5:30 Bootcamp RebeccaB+</b> 6:30 Zumba Joy+</p>			