



# FOUNDATION YMCA DECEMBER GROUP EX CLASS SCHEDULE



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 8:00am–11am Sunday CLOSED	WE HAVE A NEW APP! 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>1</p> <p><b>2:45 Yoga Judi ^ (1 hour, 15 min)</b> 4:00–4:45 Zumba Marisol+</p> <p>All classes are 50 minutes unless otherwise stated</p>	<p>2</p> <p><b>5:30am Powercut Johna+</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 NO CLASS Zumba Toning Joy+</b></p>	<p>3</p> <p><b>5:30 Cycling Johna*</b> 5:45–6:45am Yoga Mary^ <b>8:30 RESTORE Carol^</b> 9:30 Deep Stretch RebeccaG^ <b>10:30 Aqua Aerobics (pool) Betsy</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>4</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> 10:30 Aqua Betsy (pool) <b>12:10 Body blast Nancy+</b> 5:30 NO CLASS RESTORE Carol^ <b>5:30 Bootcamp Tom+</b> 6:30 Zumba Marisol+</p>	<p>5</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 aerobics Betsy (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 RebeccaG^ <b>5:30 Total Body RebeccaB+</b> 6:30 Aqua Dance Marisol (pool)</p>	<p>6</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 RebeccaB^</b></p>	<p>7</p> <p><b>8:30 Cycling Patch*</b> 9:30 Total Body Conditioning RebeccaB+ <b>9:30– Yoga Judi^ (1 hour, 15 min)</b> 9:30 Level Up Kids Class-Court B-ages 7–12 <b>11:00 Aqua Dance Marisol (pool)</b></p>
<p>8</p> <p><b>2:45 Yoga Judi^ (1 hour, 15 min)</b> 4:00–4:45 Zumba Marisol</p>	<p>9</p> <p><b>5:30am Powercut Johna+</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 RebeccaG^ <b>6:30 NO CLASS Zumba toning Joy+</b></p>	<p>10</p> <p><b>5:30 Cycling RebeccaB*</b> 5:45–6:45am Yoga Mary^ <b>8:30 RESTORE Carol^</b> 9:30 Deep Stretch RebeccaG^ <b>10:30 Aqua Aerobics (pool) Betsy</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>11</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> 10:30 Aqua Betsy (pool) <b>12:10 Body blast Nancy+</b> 5:30 RESTORE Carol^ <b>5:30 Bootcamp Tom+</b> 6:30 Zumba Marisol+</p>	<p>12</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 aerobics Betsy (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 Yin Yoga Kelly^ <b>5:30 Total Body RebeccaB+</b> 6:30 Aqua Dance Marisol (pool)</p>	<p>13</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>14</p> <p><b>8:30 Cycling Ginny*</b> 9:30 Total Body Conditioning Ginny + <b>9:30 Yoga Kelly^ (1 hour, 15 min)</b> 9:30 Level Up Kids Court B ages 7–12 <b>11:00 Aqua Dance Marisol (pool)</b></p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15 <b>2:45 Yoga Kelly^ ( 1 hour, 15 min)</b> 4:00-4:45 Zumba-Marisol+	16 <b>5:30am Powercut Johna+</b> 8:30 Yoga RebeccaG^ <b>9:30 Cycling RebeccaB*</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 NO CLASS Zumba Toning Joy+</b> 6:30 Christmas Cycling Nancy*	17 <b>5:30 Cycling Johna*</b> 5:45-6:45am Yoga Mary^ <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 Nancy*</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>	18 <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 aerobics Betsy (pool) <b>12:10 Body blast Nancy+</b> 5:30 RESTORE Carol^ <b>5:30 Bootcamp Tom+</b> 6:30 Zumba Joy+	19 <b>5:30 Cycling Johna*</b> 5:45-6:45am Yoga Stacy^ <b>8:30 RESTORECarol^</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*</b> 5:30 Yoga Kelly^ <b>5:30 Total Body Conditioning RebeccaB+</b> 6:30 Aqua Dance Marisol (pool)	20 <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>	21 <b>8:30 Cycling RebeccaB*</b> 9:30 Total Body Conditioning RebeccaB+ <b>9:30 Yoga Judi^</b> 9:30 Level Up Kids Court B-ages 7-12 <b>11:00 Aqua aerobics Marisol (pool)</b>

22 <b>2:45 Yoga Judi ^ (1 hour, 15 min)</b> 4:00-4:45 Zumba-Joy+	23 <b>5:30am Powercut Johna+</b> 8:30 Yoga RebeccaG^ <b>9:30 Cycling Ginny*</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 Christmas Cycling Nancy*	24  <p style="text-align: center;"><b>NO CLASSES CLOSING AT NOON</b></p>	25 <p style="text-align: center;"><b>CLOSED</b></p>  <p style="text-align: center;"><b>HAPPY HOLIDAYS</b></p>	26 <b>5:30 NO CLASS Cycling</b> 5:45-6:45am NO CLASS Yoga <b>8:30 NO CLASS RESTORE</b> 9:30 Deep Stretch Suzette^ <b>10:30 Aqua total body (pool) Sue</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 Marisol (pool)	27 <b>5:30am Cardio Intervals Johna+</b> 8:30 Yoga RebeccaG^ <b>9:30 Cycling RebeccaB*</b> 9:30 RX Fitness Julie+ <b>10:30 NO CLASS Line Dancing+</b> 10:30 Aqua Stretch2o Sue (pool) <b>12:10-12:45 Body Blast Nancy+</b>	28 <b>8:30 Cycling Nancy*</b> 9:30 Total Body Conditioning Nancy+ <b>9:30 Yoga Judi^</b> 9:30 Level Up Kids Court B-ages 7-12 <b>11:00 Aqua Dance Marisol (pool)</b>
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29 <b>2:45 Yoga Judi ^ (1 hour, 15 min)</b> 4:00-4:45 Zumba Joy+	30 <b>5:30am Powercut Johna+</b> 8:30 Yoga RebeccaG^ <b>9:30 Cycling Patch*</b> 9:30 RX Fitness Deb+ <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>	31 <b>5:30 Cycling Johna*</b> 5:45-6:45am Yoga Mary^ <b>8:30 NO CLASS RESTORE</b> 9:30 Deep Stretch RebeccaG^ <b>10:30 Aqua Total Body (pool) Sue</b> 10:30 Low Aerobics Kim+ <b>12:10-12:55 Yoga Stacy ^</b> 1:00 NO CLASS RX Fitness  <p style="text-align: center;"><b>CLOSING AT 6:00 PM</b></p>	January 1 <p style="text-align: center;"><b>CLOSED</b></p>  <p style="text-align: center;"><b>HAPPY New Year</b></p> <p style="text-align: center;"><b>2025</b></p>			
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