




FOUNDATION YMCA FEBRUARY GROUP EX CLASS SCHEDULE

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

<p>Hours of Operation</p> <p>Monday-Friday 5am-8pm Saturday 7am-4pm Sunday 11am-5pm</p>	<p>Child Watch Hours</p> <p>Monday-Thursday 9am-1pm 5:00 pm-7:30pm Friday 9am-1pm Saturday 8:00am-11am Sunday CLOSED</p>	<p>Fitness Class Announcements</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>1</p> <p>8:30 Cycling Ginny* 9:30 Total Body Conditioning Ginny+ 9:30- Yoga Asia^ (1 hour, 15 min) 9:30 Level Up Kids Class- Court B-ages 7-12 11:00 Aqua Dance Toshia (pool)</p>
<p>2</p> <p>2:45 Yoga Judi^ (1 hour, 15 min) 4:00-4:45 Zumba Joy+</p>	<p>3</p> <p>5:30am Powercut Johna+ 8:30 Yoga RebeccaG^ 9:30 Cycling Patch* 9:30 RX Fitness Julie+ 10:30 Line Dance Deb+ 10:30 Aqua Stretch2o Sue(pool) 12:10-12:45 Body Blast Nancy+ (35 min) 12:10-1:00 Pilates Suzete^ 5:30 Cardio/strength intervals RebeccaB+ 5:30 Yoga Judi^ 6:30 Zumba Toning Joy+ 6:30 Cycling Nancy*</p>	<p>4</p> <p>5:30 Cycling Johna* 5:45-6:45am Yoga Mary^ 8:30 RESTORE Carol^ 9:30 Deep Stretch RebeccaG^ 10:30 Aqua Aerobics (pool) Betsy 10:30 Low aerobics KimP+ 12:10-12:55 Yoga Stacy ^ 1:00 RX Fitness Julie+ 5:30 Cycling Patch* 5:30 Step/sculpt Amy+ 5:30 Pilates Ginny^ 6:30 Total Body Conditioning Nancy+ 6:30 Aqua dance Toshia (pool)</p>	<p>5</p> <p>5:30am Kettlebell Johna+ 8:30 Barre Combo Ginny^ 9:30 Cycle Ginny* 9:30 RX Fitness Julie+ 10:30 Chair Yoga RebeccaG+ 10:30Aqua Betsy (pool) 12:10 Body blast Nancy+ 5:30 RESTORE Carol^ 5:30 Bootcamp Tom+ 6:30 Zumba Joy+</p>	<p>6</p> <p>5:30 Cycling Johna* 5:45 Yoga Stacy^ 8:30 RESTORE Carol^ 9:30 Deep Stretch Suzette^ 10:30 Beginners Pilates (30 min) Suzette^ 10:30 Aqua aerobics Betsy (pool) 10:30 Low Aerobics KimP+ 12:10 Cycling Nancy* 12:10 Pilates Suzette^ 1:00 RX Fitness Julie+ 5:30 Cycling Patch* 5:30 Yin Yoga Kelly^ 5:30 Total Body RebeccaB+ 6:30 Aqua Dance Toshia (pool)</p>	<p>7</p> <p>5:30am Cardio Intervals Johna+ 8:30 YOGA Stacy^ 9:30 Cycling RebeccaB* 9:30 RX Fitness Julie+ 10:30 Line Dancing Deb^ 10:30 Aqua Stretch2o Sue (pool) 12:10-12:45 Body Blast Nancy+</p>	<p>8</p> <p>8:30 Cycling Patch* 9:30 Total Body Conditioning Nancy+ 9:30 Yoga Kelly^ (1 hour, 15 min) 9:30 Level Up Kids Class- Court B-ages 7-12 11:00 Aqua Dance Toshia (pool)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9</p> <p>2:45 Yoga Judi^ (1 hour, 15 min) 4:00-4:45 Zumba-Joy+</p>	<p>10</p> <p>5:30am Powercut Johna+ 8:30 Yoga RebeccaG^ 9:30 Cycling Patch* 9:30 RX Fitness Julie+ 10:30 Line Dance Deb+ 10:30 Aqua Stretch2o Sue (pool) 12:10-12:45 Body Blast Nancy + (35 min) 12:10-1:00 Pilates Suzette^ 5:30 Cardio/strength intervals RebeccaB+ 5:30 Yoga Judi^ 6:30 Zumba Toning Joy+ 6:30 Cycling Nancy*</p>	<p>11</p> <p>5:30 Cycling Johna* 5:45-6:45am Yoga Stacy^ 8:30 RESTORE Carol^ 9:30 Deep Stretch RebeccaG^ 10:30 Aqua Aerobics (pool) Betsy 10:30 Low aerobics/tone Kim+ 12:10-12:55 Yoga Stacy ^ 1:00 RX Fitness Julie+ 5:30 Cycling Patch* 5:30 Step/sculpt Amy+ 5:30 Pilates Ginny^ 6:30 Total Body Conditioning Nancy+ 6:30 Aqua dance Toshia(pool)</p>	<p>12</p> <p>5:30am Kettlebell Johna+ 8:30 Barre Combo Ginny^ 9:30 Cycle Ginny* 9:30 RX Fitness Julie+ 10:30 Chair Yoga RebeccaG+ 10:30Aqua aerobics Betsy (pool) 12:10 Body blast Nancy+ 5:30 RESTORE Carol^ 5:30 Bootcamp Tom+ 6:30 Zumba Joy+</p>	<p>13</p> <p>5:30 Cycling Johna* 5:45-6:45am Yoga Stacy^ 8:30 RESTORE Carol^ 9:30 Deep Stretch Suzette^ 10:30 Aqua aerobics (pool) Betsy 10:30 Low Aerobics Kim+ 10:30 Beginners Pilates (30 min) Suzette^ 12:10 Cycling Nancy* 12:10 Pilates Suzette^ 1:00 RX Fitness Julie+ 5:30 Cycling Patch* 5:30 Yoga Kelly^ 5:30 Total Body Conditioning RebeccaB+ 6:30 Aqua Dance Toshia (pool)</p>	<p>14</p> <p>5:30am cardio intervals Johna+ 8:30 Yoga Stacy^ 9:30 Cycling RebeccaB* 9:30 RX Fitness Julie+ 10:30 Aqua Stretch2o Sue (pool) 10:30 Line Dancing Deb+ 12:10-12:45 Body Blast Nancy+</p> 	<p>15</p> <p>8:30 Cycling RebeccaB* 9:30 Total Body Conditioning RebeccaB+ 9:30 Yoga Judi^ 9:30 Level Up Kids Class-Court B-ages 7-12 11:00 Aqua aerobics Toshia (pool)</p>
<p>16</p> <p>2:45 Yoga Judi ^ (1 hour, 15 min) 4:00-4:45 Zumba-Joy+</p>	<p>17</p> <p>5:30am Powercut Lauren+ 8:30 Yoga RebeccaG^ 9:30 Cycling Patch* 9:30 RX Fitness Julie+ 10:30 Line Dance Deb+ 10:30 Aqua Stretch2o Sue (pool) 12:10-12:45 Body Blast Nancy+ (35 min) 12:10-1:00 Pilates Suzette^ 5:30 Cardio/strength intervals RebeccaB+ 5:30 Yoga Judi^ 6:30 Zumba toning Joy+ 6:30 Cycling Nancy*</p>	<p>18</p> <p>5:30 Cycling Johna* 5:45-6:45am Yoga Mary^ 8:30 RESTORE Carol^ 9:30 Deep Stretch RebeccaG^ 10:30 Aqua Aerobics (pool) Betsy 10:30 Low aerobics/tone Kim+ 12:10-12:55 Yoga Stacy ^ 1:00 RX Fitness Julie+ 5:30 Cycling Patch* 5:30 Step/sculpt Amy+ 5:30 Pilates Ginny^ 6:30 Total Body Conditioning Nancy+ 6:30 Aqua dance Toshia (pool)</p>	<p>19</p> <p>5:30am Kettlebell Johna+ 8:30 Barre Combo Ginny^ 9:30 Cycle Ginny* 9:30 RX Fitness Julie+ 10:30 Chair Yoga RebeccaG+ 10:30Aqua aerobics Betsy (pool) 12:10 Body blast Nancy+ 5:30 RESTORE Carol^ 5:30 Bootcamp Tom+ 6:30 Zumba Joy+</p>	<p>20</p> <p>5:30 Cycling Lauren* 5:45-6:45am Yoga Stacy^ 8:30 RESTORE Carol^ 9:30 Deep Stretch Suzette^ 10:30 Aqua total body Sue (pool) 10:30 Low Aerobics Kim+ 10:30 Beginners Pilates (30 min) Suzette^ 12:10 Cycling Nancy* 12:10 Pilates Suzette^ 1:00 RX Fitness Julie+ 5:30 Cycling Patch* 5:30 Yoga Kelly^ 5:30 Total Body Conditioning RebeccaB+ 6:30 Aqua Dance Toshia (pool)</p>	<p>21</p> <p>5:30am Cardio Intervals Johna+ 8:30 Yoga Stacy^ 9:30 Cycling RebeccaB* 9:30 RX Fitness Julie+ 10:30 Line Dancing Deb+ 10:30 Aqua Stretch2o Sue (pool) 12:10-12:45 Body Blast Nancy+</p>	<p>22</p> <p>8:30 Cycling Nancy* 9:30 Total Body Conditioning Nancy+ 9:30 Yoga Kelly^ 9:30 Level Up Kids Class-Court B-ages 7-12 11:00 Aqua Dance Toshia (pool)</p>
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