

# FOUNDATION YMCA MARCH

## GROUP EX CLASS SCHEDULE

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

### Hours of Operation

Monday-Friday 5am-8pm  
 Saturday 7am-4pm  
 Sunday 11am-5pm

### Child Watch Hours

Monday-Thursday 9am-1pm  
 5:00 pm-7:30pm  
 Friday 9am-1pm  
 Saturday 8:00am-11am  
 Sunday CLOSED

### Fitness Class Announcements

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
						1 <b>8:30 Cycling Patch*</b> 9:30 Total Body Conditioning Johna+ <b>9:30- Yoga Asia^ (1 hour, 15 min)</b> 9:30 Level Up Kids Class-Court B-ages 7-12 <b>11:00 Aqua Dance Toshia (pool)</b>
2 <b>2:45 Yoga Mary^ (1 hour, 15 min)</b> 4:00-4:45 Zumba Joy+	3 <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 Suzete^ <b>5:30 Cardio/strength intervals RebeccaB+</b> 5:30 Yoga Judi^ <b>6:30 Zumba Toning Joy+</b> 6:30 Cycling Nancy*	4 <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 KimP+</b> 10:30 Low aerobics Rebecca G ^ <b>12:10-12:55 Yoga Rebecca G ^</b> 1:00 RX Fitness Julie+ <b>5:30 Cycling Patch*</b> 5:30 Step/sculpt Amy+ <b>5:30 Pilates RebeccaB^</b> 6:30 Total Body Conditioning Nancy+ <b>6:30 Aqua dance Toshia (pool)</b>	5 <b>5:30am Kettlebell Johna+</b> 8:30 Barre Combo RebeccaB^ <b>9:30 Cycle Johna*</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 RESTORE Carol^ <b>5:30 Bootcamp Tom+</b> 6:30 Zumba Joy+	6 <b>5:30 Cycling Lauren*</b> 5:45 Yoga NO CLASS^ <b>8:30 RESTORE Carol^</b> 9:30 Deep Stretch Suzette^ <b>10:30 Beginners Pilates (30 min) 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 Toshia (pool)	7 <b>5:30am Cardio Intervals Johna+</b> 8:30 YOGA Kelly^ <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>	8 <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 Class-Court B-ages 7-12 <b>11:00 Aqua Dance Toshia (pool)</b>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 <b>2:45 Yoga Judi^ ( 1 hour, 15 min)</b> 4:00-4:45 Zumba-Joy+	10 <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*	11 <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 Patch*</b> 5:30 Step/sculpt Amy+ <b>5:30 Pilates RebeccaB^</b> 6:30 Total Body Conditioning Nancy+ <b>6:30 Aqua dance Toshia(pool)</b>	12 <b>5:30am Kettlebell Johna+</b> 8:30 Barre Combo Rebeccab^ <b>9:30 Cycle Patch*</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 Tom+</b> 6:30 Zumba Joy+	13 <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 Kelly^ <b>5:30 Total Body Conditioning RebeccaB+</b> 6:30 Aqua Dance Toshia (pool)	14 <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>	15 <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>
16 <b>2:45 Yoga Judi ^ (1 hour, 15 min)</b> 4:00-4:45 Zumba-Joy+	17 <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*	18 <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 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>	19 <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 NO CLASS</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+	20 <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 total body Sue (pool)</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>5:30 Total Body Conditioning RebeccaB+</b> 6:30 Aqua Dance Toshia (pool)	21 <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>	22 <b>8:30 Cycling Nancy*</b> 9:30 Total Body Conditioning Nancy+ <b>9:30 Yoga Lee^</b> 9:30 Level Up Kids Class- Court B-ages 7-12 <b>11:00 Aqua Dance Toshia (pool)</b>
23 <b>2:45 Yoga Lee^ (1 hour, 15 min)</b> 4:00-4:45 Zumba Joy+	24 <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 29th Stacy^ /31st Judi <b>6:30 Zumba Toning 24th NO CLASS/ 31st Joy</b> 6:30 Cycling Nancy*	25 <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 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>	26 <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 RESTORE Carol^ <b>5:30 Bootcamp Tom+</b> 6:30 Zumba KimP+	27 <b>5:30 Cycling Lauren*</b> 5:45-6:45am Yoga Stacy^ <b>8:30 RESTORE Carol^</b> 9:30 Deep Stretch RebeccaG^ <b>10:30 Aqua aerobics Betsy (pool)</b> 10:30 Low Aerobics Kim+ <b>10:30 Beginners Pilates NO CLASS^</b> 12:10 Cycling Patch* <b>12:10 Pilates Stacy^</b> 1:00 RX Fitness Julie+ <b>5:30 Cycling Patch*</b> 5:30 Yoga Kelly^ <b>5:30 Total Body Conditioning RebeccaB+</b> 6:30 Aqua Dance Toshia (pool)	28 <b>5:30am Cardio Intervals Johna+</b> <b>8:30 YOGA Stacy^</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 ^	29 <b>8:30 Cycling Lauren*</b> 9:30 Total Body Conditioning Nancy+ <b>9:30 Yoga Asia^</b> 9:30 Level Up Kids Class- Court B-ages 7-12 <b>11:00 Aqua Dance Toshia (pool)</b>
30 <b>2:45 Yoga Mary^ (1 hour, 15 min)</b> 4:00-4:45 Zumba Toshia+						