

# FOUNDATION YMCA NOVEMBER 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

All classes are 50 minutes unless otherwise stated

1  
**5:30am Cardio Intervals Johna+**  
8:30 YOGA Kelly^  
**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+**

2  
**8:30 Cycling Patch\***  
9:30 Total Body Conditioning RebeccaB+  
**9:30- Yoga Asia^ (1 hour, 15 min)**  
9:30 Level Up Kids Class- Court B-ages 7-12  
**11:00 Aqua Dance Marisol (pool)**

3  
**2:45 Yoga Mary ^ (1 hour, 15 min)**  
4:00-4:45 Zumba Joy+

4  
**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+**

5  
**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 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 (pool) Marisol**

6  
**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+

7  
**5:30 Cycling Johna \***  
5:45 Yoga Stacy  
**8:30 RESTORE Carol^**  
9:30 Deep Stretch Suzette^  
**10:30 Beginners Pilates 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 Yoga RebeccaG^  
**6:30 Total Body RebeccaB+**  
6:30 Aqua Dance Marisol (pool)

8  
**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 RebeccaB^**

9  
**8:30 Cycling Ginny\***  
9:30 Total Body Conditioning Ginny +  
**9:30 Yoga Judi^ (1 hour, 15 min)**  
9:30 NO CLASS Level Up Kids Class- Court B-ages 7-12  
**11:00 Aqua Dance Marisol (pool)**

**21ST ANNUAL ROBIN RUN. RACE STARTS AT 10 AM**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>10</p> <p><b>2:45 Yoga Kelly^ (1 hour, 15 min)</b> 4:00-4:45 Zumba-Joy+</p>	<p>11</p> <p><b>5:30am Powercut Johnna+</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 Ginny + (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></p>	<p>12</p> <p><b>5:30 Cycling Johnna*</b> 5:45-6:45am Yoga Stacy^ <b>8:30 RESTORE Carol^</b> 9:30 Deep Stretch RebeccaG^ 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(pool) Marisol</p>	<p>13</p> <p><b>5:30am Kettlebell Johnna+</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 Tom+</b> 6:30 Zumba Joy+</p>	<p>14</p> <p><b>5:30 Cycling Johnna*</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>6:30 Total Body Conditioning RebeccaB+</b> 6:30 Aqua Dance Marisol</p>	<p>15</p> <p><b>5:30am cardio intervals Johnna+</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>16</p> <p><b>8:30 Cycling RebeccaB*</b> 9:30 Total Body Conditioning RebeccaB+ <b>9:30 Yoga Kelly^</b> 9:30 Level Up Kids Class- Court B-ages 7-12 <b>11:00 Aqua aerobics Marisol (pool)</b></p>
<p>17</p> <p><b>2:45 Yoga Judi ^ (1 hour, 15 min)</b> 4:00-4:45 Zumba-Joy+</p>	<p>18</p> <p><b>5:30am Powercut Johnna+</b> 8:30 Yoga RebeccaG^ <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 RebeccaB+</b> 5:30 Yoga Judi^ <b>6:30 Zumba toning Joy+</b></p>	<p>19</p> <p><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 Low aerobics/tone KimP+</b> 10:30 Aqua aerobics Betsy <b>12:10-12:55 Yoga Stacy^</b> 1:00 RX Fitness KimP+ <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></p>	<p>20</p> <p><b>5:30am Kettlebell JohnnaK+</b> 8:30 Barre Combo Ginny^ <b>9:30 Cycle Ginny*</b> 9:30 RX Fitness KimP+ <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+</p>	<p>21</p> <p><b>5:30 Cycling Johnna*</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 Kim+ <b>10:30 NO CLASS Beginners Pilates (30 min) ^</b> 12:10 Cycling Nancy* <b>12:10 NO CLASS Pilates ^</b> <b>1:00 RX Fitness Julie+</b> 5:30 Cycling Patch* <b>5:30 Yin Yoga Kelly^</b> 6:30 Total Body Conditioning <b>6:30 Aqua Dance Marisol (pool)</b></p>	<p>22</p> <p><b>5:30am Cardio Intervals Johnna+</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>23</p> <p><b>8:30 Cycling Nancy*</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 Aqua Dance Marisol (pool)</b></p>
<p>24</p> <p><b>2:45 Yoga Judi ^ (1 hour, 15 min)</b> 4:00-4:45 Zumba Joy</p>	<p>25</p> <p><b>5:30am Powercut Johnna+</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></p>	<p>26</p> <p><b>5:30 Cycling Johnna*</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 Julie+ <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 NO CLASS Pilates</b> 6:30 Total Body Conditioning Nancy+ <b>6:30 Aqua dance (pool) Marisol</b></p>	<p>27</p> <p><b>5:30am Kettlebell Johnna+</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> <b>5:30 NO CLASS RESTORE Carol^</b> 5:30 Bootcamp Tom+ <b>6:30 Zumba Joy+</b></p>	<p>28</p> <p><b>CLOSED</b></p> <p><b>HAPPY THANKS GIVING</b></p> 	<p>29</p> <p><b>8:30 YOGA RebeccaG^</b> 9:30 Cycling Johnna* <b>9:30 RX Fitness Julie+</b> 10:30 NO CLASS Line Dancing Deb^ <b>10:30 Aqua Stretch2o Sue (pool)</b> 12:10-12:45 Body Blast Nancy^</p>	<p>30</p> <p><b>8:30 Cycling Nancy*</b> 9:30 Total Body Conditioning Nancy+ <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>