



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



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Wilson Family YMCA Mission Statement

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

Hours of Operation

Monday-Thursday	5:00 am-10:00 pm
Friday	5:00 am-9:00 pm
Saturday	8:00 am-6:00 pm
Sunday	1:00 pm-6:00 pm

Childwatch

Monday—8:00 am-11:30am—4:30 pm-7:30 pm
Tuesday—8:00 am-1:00 pm—4:00 pm-7:30 pm
Wednesday—8:00 am-11:30 am—4:00 pm-8:30 pm
Thursday—8:00 am-1:00 pm—4:00 pm-7:30 pm
Friday—8:00 am-11:30 am—4:00 pm-7:30 pm
Saturday—8:00 am-11:30 am
Sunday—2:50 pm-6:00 pm

January 2012 Fitness Classes

CONTACT INFORMATION

3436-C Airport Blvd. – Wilson, NC 27896
252-291-9622 * 252-291-9664 fax
Website: www.wilsonymca.com



Please join us in thanking Paul Griswold for his dedication and years of service to the YMCA as a cycling instructor. We wish him well and hope to see him around the YMCA soon!

Keep your New Year's resolutions!

Beginner Yoga

Jan 7th 10:30 am and January 28th at 10:30 am

Beginner Rebound

January 4th 8:30 am and January 11th 8:30 am

Dance Fusion

Jan 23rd at 7:30 pm-From Cha Cha & Mambo moves to Latin stomps, dance combines with aerobic routines to create Dance Fusion; a fun and energetic class designed to help you burn calories, tone up and improve your Cardio.



Try Rebounding with Theresa!

Wednesday mornings at 8:30 am

Rebounding is a low impact, fat-burning exercise that improves balance and coordination and it is fun!!

The workout consists of low-level bounces on a mini-trampoline.

Rebounding borrows moves from kickboxing, yoga, step and floor work.

For comments or questions about our Fitness Calendar or our classes, please contact : Mary Sargent marysargent@myglnc.com 252-230-8011 or 252-291-3009

Step it up in the New Year with these classes!!

High Energy Zumba

Jan 7th 10:30 am

Jan 26th 7:30 pm

Power Yoga Positions

Jan 14th 8:30 am



Level 2 Yoga

Jan 14th 10:30 am

Jan 21st 10:30 am

Dance Fusion

Jan 23rd 7:30 pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>YMCA Closed!</p> <p>Happy New Year!</p> 	<p>2 5:45 am-PowerCut-JohnaK+ 8:30 am-Yoga-Ginny ▲ 8:30 am-PowerCut-Jeanna + 9:30am-RXFitness-Balette▲ 9:30-CardioPump-Jeanna+ 10:00-Weights/Abs-Jeanna+ 10:30-Low Aerobics-Balette+ 11:30-Line Dancing-Balette 12:10-12:45Kettle Bell Nancy+ 3:30-YaYaYoga-4up Wortley+ 5:00-BasicBeginner Line Dancing- 5:30 pm IntermediateLine Dancing-Susan+ 5:30 pm-PiYo-Daphne▲ 6:30 pm-Step-Amy + 6:30 pm-Yoga-Jane▲ 7:30pm-Zumba-Samantha+</p>	<p>3 5:45amCoreFormJanie▲ 8:00am-MELT-Kim 8:45 am-Pilates-Kim▲ 8:30-Step-Johna D+ 9:30- Yoga-Wallace+ 9:30 am-Stretch-Balette▲ 10:30 am-Low Step-Balette+ 12:00-12:50Zumba-Kim+ 4:30pm-Step-Jeanna+ 5:30 pm-Yoga-Brianna+ 6:30 pm-Step-Amy+ 6:30 pm-Zumba-Sarah▲ 7:30 pm-PowerCut-Nancy+</p>	<p>4 5:45-Interval Fusion-Ginny▲ 5:45am-PowerCut-Johna K+ 8:30am-Yoga-Carol▲ 8:30 am--Intro to Rebound-Theresa+ 9:30am-TurboKick-Karen + 9:30 am-RX Fitness-Balette▲ 10:30 -Low Aerobics-Balette+ 12:10-12:45Body BlastNancy+ 12:10-Gentle Yoga-Balette▲ 5:30 pm-Boot Camp-JohnaK+ 5:30pm-MELT-KimB ▲ 6:30 pm-Turbokick-Daphne+ 6:30 pm-Yoga-Donna▲ 7:30 pm-Zumba-Sue+</p>	<p>5 5:45amCoreFormJanie▲ 8:00amMELT-Kim▲ 8:45 am-Pilates-Kim▲ 9:30-Deep Stretch-Balette▲ 9:30-High Step-Johnna D+ 10:00-Weights/Abs-Johnna D 10:30-Low Step-Balette+ 12:00-12:50-Zumba-Karen+ 12:10-Yoga-Wortley▲ 4:30 pm-Yoga-Jane+ 5:30 pm-Zumba-Samantha+ 6:30 pm-BG Thigh-Johnna K+ 6:30 pm-Pilates-Ti'eshia▲ 7:30 pm-Kettle Bell-Nancy+ 7:30 pm-Soul Line Dancing-Valerie▲</p>	<p>6 5:45 am-PowerCut-Lee Ann+ 8:30 am-Yoga-Wortley▲ 8:30 am-PowerCut-Theresa + 9:30 am-LineDancingBalette▲ 9:30 am-Zumba-Kim + 10:30 am-RXFitness-Balette▲ 11:30 am-Gentle Stretch-Balette-30 min▲ 4:30-Jump, Pump and Spin-Ginny-Spin Room 5:30-Yoga-75 min-Jane▲ 6:00-Zumba-Sue+</p>	<p>7 8:30-Power YOGA Posi-tions-A Toning/Flex Class-Amy W + 9:30-TurboKick-Karen+</p> <p>9:30-Yoga-Carol-▲</p> <p>10:30-Beginner Yoga-Carol▲</p> <p>10:30-High Energy Zumba-Karen+</p>
<p>8</p> <p>3:00 Yin and Yang Yoga --90 min-Jane▲</p> <p>3:30-4:30-Kettle Bell -Nancy+</p> <p>4:30-5:45-Zumba-Sarah▲</p>	<p>9 5:45 am-PowerCut-JohnaK+ 8:30 am-Yoga-Ginny▲ 8:30 am-PowerCut-Nancy + 9:30am-RXFitness-Balette▲ 9:30-CardioPump-Johnna D + 10:00-Weights/Abs-Johnna D+ 10:30-Low Aerobics-Balette+ 11:30-Line Dancing-Balette 12:10-12:45Kettle Bell Nancy+ 3:30-YaYaYoga-4up Wortley+ 5:00-BasicBeginnerLine Dancing+ 5:30 pm IntermediateLine Dancing-Susan+ 5:30 pm-Pilates-Nora▲ 6:30 pm-Step-Amy + 6:30 pm-Yoga-Jane▲ 7:30 pm Zumba-Gretchen+</p>	<p>10 5:45amCoreFormJanie▲ 8:00am-MELT-Kim 8:45 am-Pilates-Kim▲ 8:30-Step-Johnna D+ 9:30- Yoga-Wallace+ 9:30 am-Stretch-Balette▲ 10:30 am-Low Step-Balette+ 12:00-12:50Zumba-Kim+ 4:30pm-Step-Johnna+ 5:30 pm-Yoga-Brianna+ 6:30 pm-Step-Amy+ 6:30 pm-Zumba-Sarah▲ 7:30 pm-PowerCut-Nancy+</p>	<p>11 5:45-Interval Fusion-Ginny▲ 5:45am-PowerCut-Johna K+ 8:30am-Yoga-Carol▲ 8:30 am--Intro to Rebound-Theresa+ 9:30am-TurboKick-Karen + 9:30 am-RX Fitness-Balette▲ 10:30 -Low Aerobics-Balette+ 12:10-12:45Body BlastNancy+ 12:10-Gentle Yoga-Balette▲ 5:30 pm-Boot Camp-JohnaK+ 5:30pm-MELT-KimB ▲ 6:30 pm-Turbokick-Daphne+ 6:30 pm-Yoga-Donna▲ 7:30 pm-Zumba-Karen+</p>	<p>12 5:45amCoreFormJanie▲ 8:00amMELT-Kim▲ 8:45 am-Pilates-Kim▲ 9:30-Deep Stretch-Balette▲ 9:30-High Step-Johnna D+ 10:00-Weights/Abs-Johnna D 10:30-Low Step-Balette+ 12:00-12:50-Zumba-Gretchen+ 12:10-Yoga-Wortley▲ 4:30 pm-Yoga-Carol+ 5:30 pm-Zumba-Samantha+ 6:30 pm-Butts,Gutts,ThighsJohnaK+ 6:30 pm-Pilates-Ti'eshia▲ 7:30 pm-Kettle Bell-Nancy+ 7:30 pm-Soul Line Dancing-Valerie▲</p>	<p>13 5:45 am-PowerCut-LeeAnn+ 8:30 am-Yoga-Stacy▲ 8:30 am-PowerCut-Theresa + 9:30 am-LineDancingBalette▲ 9:30 am-Zumba-Kim + 10:30 am-RXFitness-Balette▲ 11:30 am-Gentle Stretch-Balette-30 min▲ 4:30-Jump, Pump and Spin-Ginny-Spin Room 5:30-Yoga-75 min-Jane▲ 6:00-Zumba-Gretchen+</p>	<p>14</p> <p>9:30-Yoga-Brianna▲</p> <p>10:30-Level 2 Yoga-Brianna▲</p> <p>9:30-Turbokick-Daphne+</p> <p>10:30-Zumba-Samantha+</p>
<p>15</p> <p>3:00 Yin and Yang Yoga -Donna-90 min-▲</p> <p>3:30-4:30-Kettle Bell -Nancy+</p> <p>4:30-5:45-Zumba-Sarah▲</p> 	<p>16 5:45am-PowerCutJohna + 8:30 am-Yoga-Ginny▲ 8:30 am-PowerCut-Nancy + 9:30am-RXFitness-Balette▲ 9:30-CardioPump-Johnna D+ 10:00-Weights/Abs-Johnna D+ 10:30-Low Aerobics-Balette+ 11:30-Line Dancing-Balette 12:10-12:45Kettle Bell-Nancy+ 3:30 YaYaYoga-4up Wortley+ 5:00-Beginner Basic Line Dancing- 5:30 pm IntermediateLine Dancing-Susan+ 5:30 pm-Pilates-Nora▲ 6:30 pm-Step-Amy + 6:30 pm-Yoga-Jane▲ 7:30 pm-Zumba-Karen+</p>	<p>17 5:45amCoreFormJanie▲ 8:00am-MELT-Kim 8:45 am-Pilates-Kim▲ 8:30-Step-Johnna D+ 9:30- Yoga-Wallace+ 9:30 am-Stretch-Balette▲ 10:30 am-Low Step-Balette+ 12:00-12:50-Zumba-Kim+ 4:30pm-Step-Johna D+ 5:30 pm-Yoga-Brianna+ 6:30 pm-Step-Amy+ 6:30 pm-Zumba-Sarah▲ 7:30 pm-PowerCut-Nancy+</p>	<p>18 5:45-Interval Fusion-Ginny▲ 5:45am-PowerCut-Johna K+ 8:30am-Yoga-Carol▲ 8:30-Rebound-Theresa + 9:30am-TurboKick-Karen+ 9:30 am-RX Fitness-Balette▲ 10:30 -Low Aerobics-Balette+ 12:10-12:45Body BlastNancy+ 12:10-Gentle Yoga-Balette▲ 5:30 pm-Boot Camp-Johna K+ 5:30pm-MELT-Kim▲ 6:30 pm-TurboKick-Daphne+ 6:30 pm-Yoga-Donna▲ 7:30 pm-Zumba-Sue +</p>	<p>19 5:45amCoreFormJanie▲ 8:00am-MELT-Kim▲ 8:45 am-Pilates-Kim▲ 9:30-Deep Stretch-Balette▲ 9:30-High Step-Johnna D+ 10:00-Weights/Abs-Johnna D 10:30-Blind Class-Balette+ 12:00-12:50-Zumba-Karen+ 12:10-Yoga- Wortley▲ 4:30 pm-Yoga-Brianna+ 5:30 pm-Zumba-Gretchen+ 6:30pmButtsGuttsThighsJohna+ 6:30 pm-Pilates-Ti'eshia▲ 7:30 pm-Kettle Bells-Nancy+ 7:30 pm-Soul Line Dancing-Valerie▲</p>	<p>20 5:45 am-PowerCut-Jeanna+ 8:30 am-Yoga-Stacy▲ 8:30 am-Powercut-Theresa + 9:30 am-LineDancingBalette▲ 9:30 am-Zumba-Kim+ 10:30 am-RXFitness-Balette▲ 11:30 am-Gentle Stretch-Balette-30 min▲ 4:30-Jump, Pump and Spin-Ginny-Spin Room 5:30-Yoga-75 min-Brianna▲ 6:00 pm-Zumba-Karen+</p>	<p>21</p> <p>9:30-TurboKick- Karen+</p> <p>9:30-Yoga-Wallace▲</p> <p>10:30-Level 2 Yoga-Wallace▲</p> <p>10:30-Zumba-Gretchen+</p> <p>11:30-Soul Line Dancing-Valerie+</p>



January Fitness continued 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>22 3:00– Yoga-Jane -90 min- ▲</p> <p>3:30-4:30 pm- KettleBell-Nancy+</p> <p>4:30-5:45-Zumba- Sarah ▲</p>	<p>23 5:45 am-PowerCut-JohnaK+ 8:30 am-Yoga-Ginny ▲ 8:30am-PowerCut-Jeanna+ 9:30am-RXFitness-Balette ▲ 9:30-CardioPump-Jeanna+ 10:00-Weights/Abs-Jeanna+ 10:30-Low Aerobics-Balette+ 11:30-Line Dancing-Balette+ 12:10-12:45-KettleBell- Nancy+ 3:30-YaYaYoga-4up Wortley+ 5:00pm-Basic Beginner Line- Dancing Susan+ 5:30 pm IntermediateLine Dancing-Susan+ 5:30 pm-Pilates-Nora ▲ 6:30 pm-Step-Amy + 6:30pm-Yoga-Jane ▲ 7:30-Dance Fusion-Chantall+</p>	<p>24 5:45 amCore Form-Janie ▲ 8:00am-MELT-Kim ▲ 8:45am-Pilates-Kim ▲ 8:30-Step-Johnna D+ 9:30-Yoga-Wallace+ 9:30 am-Stretch-Balette ▲ 10:30 am-Low Step-Balette+ 12:00-12:50 pm-Zumba-Kim+ 4:30pm-Step-Jeanna+ 5:30 pm-Yoga-Brianna+ 6:30-Step-Amy+ 6:30 pm- Zumba-Sarah ▲ 7:30 pm-PowerCut-Nancy+</p>	<p>25 5:45-Interval Fusion-Ginny ▲ 5:45am-PowerCut-Johna K+ 8:30am-Yoga-Carol ▲ 8:30 am-Rebound-Theresa + 9:30 am-TurboKick-Karen+ 9:30 amRX Fitness-Balette ▲ 10:30 -Low Aerobics-Balette+ 12:10-12:45BodyBlastNancy+ 12:10 Gentle Yoga-Balette ▲ 5:30 pm-Boot Camp-Johna K+ 5:30-MELT-KimB ▲ 6:30 pm-TurboKick-Daphne+ 6:30 pm-Yoga-Donna ▲ 7:30-Soul Line Dancing- Valerie+</p>	<p>26 5:45amCoreFormJanie ▲ 8:00am-MELT-Kim ▲ 8:30 am-Pilates-Kim ▲ 9:30-Deep Stretch-Balette ▲ 9:30-High Step-Johnna D+ 10:00-Weights/Abs-Johnna D 10:30-Blind Class-Balette+ 12:00-12:50-Zumba-Gretchen+ 12:10-Yoga- Wortley ▲ 4:30 pm-Yoga-Carol+ 5:30 pm-Zumba-Samantha+ 6:30 pm-Butts, Guts &Thighs- Johan K + 6:30 pm-Pilates-Ti'eshia ▲ 7:30 pm- Kettle Bells-Nancy+ 7:30 pm-High Energy Zumba -Karen ▲</p>	<p>27 5:45 am-PowerCut-Lee Ann+ 8:30 am-Yoga-Stacy ▲ 8:30 am-Powercut-Theresa + 9:30 am-LineDancingBalette ▲ 9:30 am-Zumba-Kim+ 10:30 am-RXFitness-Balette ▲ 11:30 am-Gentle Stretch- Balette-30 min ▲ 4:30-Jump, Pump and Spin- Ginny-Spin Room 5:30-Yoga-75 min- Brianna ▲ 6:00 pm-Zumba-Sue+</p>	<p>28 9:30 Yoga-Carol ▲ 10:30 Begnner Yoga- Carol ▲</p> <p>9:30-Turbokick- Daphne+</p> <p>10:30-Zumba-Sue+</p> <p>11:30-Soul Line Dancing- Valerie ▲</p>
<p>29 3:00– Yin and Yang Yoga-Donna -90 min- ▲</p> <p>3:30-4:30 pm- KettleBell-Nancy+</p> <p>4:30-5:45-Zumba- Sarah ▲</p>	<p>30 5:45 am-PowerCut-JohnaK+ 8:30 am-Yoga-Ginny ▲ 8:30am-PowerCut-Jeanna+ 9:30am-RXFitness-Balette ▲ 9:30-CardioPump-Jeanna + 10:00-Weights/Abs-Jeanna + 10:30-Low Aerobics-Balette+ 11:30-Line Dancing-Balette 12:10-KettleBell-Nancy+ 3:30- YaYaYoga-Wortley+ 5:00pmAdvancedLineDancin 5:30 pm Line Dancing-Susan+ 5:30- Pilates-Nora ▲ 6:30 pm-Step-Amy + 6:30pm-Yoga-Jane ▲ 7:30-Zumba-Sue+</p>	<p>31 5:45 am-Core Form-Janie ▲ 8:00am-9:30-Pilates/Stretch- Chantall ▲ 8:30-Step- Johnna D+ 9:30-Yoga-Wallace+ 9:30 am-Stretch-Balette ▲ 10:30 am-Low Step-Balette+ 12:00-12:50 pm-Zumba-Kim+ 4:30pm-Step-Jeanna+ 5:30 pm-Yoga-Brianna+ 6:30-Step-Amy+ 6:30 pm-Zumba-Sarah ▲ 7:30 pm-PowerCut-Nancy+</p>				
<p>▲ -Gymnastics Room + -Multi-Purpose Room * -Robin Givens Youth Room</p> <p>Please note that class times are 55 minutes unless otherwise noted</p>						



January 2012 Cycling



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 5:45 a.m.-Frank 9:30 am-Core Spin-Ginny 6:00 pm-Ginny	3 5:45 am-Theresa 12:10-12:50-Theresa 5:15 pm-Cycling lite-Patch 6:15 pm-Frank	4 5:30 am-Spin Max David S 9:30 am-Patch 6:00 pm-Frank	5 5:45 am-Larry 12:10-12:50-Patch 5:15-Cycling Lite-Cynthia 6:30 pm-David S.	6 4:30 -Jump, Pump and Spin-Ginny	7 9:00 a.m.-Larry
8	9 5:45 a.m.-Frank 9:30 am-Core Spin-Ginny 6:00 pm-Ginny	10 5:45 am-Theresa 12:10-12:50-Patch 5:15 pm-Cycling lite-Patch 6:15 pm-Frank	11 5:30 am-Spin Max David S 9:30 am-Patch 6:00 pm-Frank	12 5:45 am-Larry 12:10-12:50-Patch 5:15-Cycling Lite-Cynthia 6:30 pm-David S.	13 4:30 -Jump, Pump and Spin-Ginny	14 9:00 am-Theresa
	16 5:45 a.m.-Frank 9:30 am-Core Spin-Ginny 6:00 pm-Ginny	17 5:45 am-Theresa 12:10-12:50-Theresa 5:15 pm-Cycling lite-Patch 6:15 pm-Frank	18 5:30 am-Spin Max-David S 9:30 am-Patch 6:00 pm-Frank	19 5:45 am-Larry 12:10-12:50-Patch 5:15-Cycling Lite-Cynthia 6:30 pm- David S	20 4:30 -Jump, Pump and Spin-Ginny	21 9:00 am-Frank
22	23 5:45 a.m.-Frank 9:30 am-Core Spin-Ginny 6:00 pm-Larry	24 5:45 am-Theresa 12:10-12:50-Theresa 5:15 pm-Cycling lite-Patch 6:15 pm-Frank	25 5:30-Spin Max David S 9:30-Patch 6:00 pm-Frank	26 5:45 am-Larry 12:10-12:50-Patch 5:15-Cycling Lite-Cynthia 6:30 pm- David S	27 4:30 -Jump, Pump and Spin-Ginny	28 9:00 am-David S
29	30 5:45 a.m.-Frank 9:30 am-Core Spin-Ginny 6:00 pm-Ginny	31 5:45 am-Theresa 12:10-12:50-Theresa 5:15 pm-Cycling lite-Patch 6:15 pm-Frank		Please Note: <ul style="list-style-type: none"> •Sign up is required for all evening classes • Please call the day before to reserve a bike •All other classes are on a first come-first served basis •Non-members may not reserve a bike 252-291-YMCA (9622)		