

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

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-Wednesday-Friday 8:00 am-11:30 am Monday-Friday 4:00 pm-7:30 pm Tuesday and Thursday 8:00 am-1:00 pm Saturday 8:00 am-11:30 am
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August 2010 Fitness Classes

CONTACT INFORMATION

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

Please review the class schedule carefully, there have been several time changes and additional classes have been added ☺

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

Please check the schedule *carefully* for summer changes

FREE WEEK of CLASSES!!

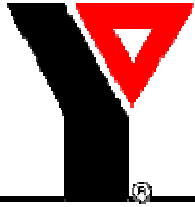
August 15th-21st!

***All of our classes are open to non- members from August 15th- 21st!!**

Bring a friend or tell a friend to come try as many classes as they would like!

Over 50 classes!!!

***cycling classes are not included**



August Fitness 2010



Sun

Mon

Tue

Wed

Thu

Fri

Sat

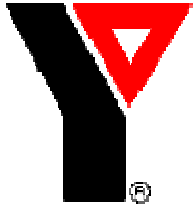
<p>1</p> <p>4:30-5:30-KettleBell-Nancy+</p> <p>3:30-Yoga-Brianna-75 min</p>	<p>2</p> <p>5:45 am-PowerCut-Johna K+ 8:30 am-Yoga-Brianna▲ 8:30 am-PowerCut-David D+ 9:30 am-RXFitness-Balette▲ 9:30 am-CardioPump-Johna D+ 10:00amWeights/AbsJohna D+ 10:30 -LowAerobics-Balette+ 5:30 pm-Line Dancing-Isabel+ 5:30 pm-Pilates-Janie▲ 6:30 pm-Yoga-Jane▲ 6:30 pm-Step-Amy+</p>	<p>3</p> <p>5:45 am-Core Form-Janie▲ 8:15am-Pilates-Kim▲ 9:30-Step-Jeanna+ No 9:30 Yoga for the summer 9:30 am-Stretch-Balette▲ 10:15-Aqua Aerobics-JohnaK -pool 10:30 am-Low Step-Balette+ 5:30-Yoga-Susanna+ 6:30 pm-Step-Amy+ 7:30 pm-PowerCut-Nancy+</p>	<p>4</p> <p>5:45am-PowerCut-Johna K+ 8:30am-Yoga-Wallace▲ 8:30 am-KettleBells-Nancy+ 9:30am-Step-Jeanna+ 9:30 am-RX Fitness-Balette▲ 10:30 -Low Aerobics-Balette+ 12:10-Gentle Yoga-Balette▲ 5:30 pm-Boot Camp-Mark+ 6:30 pm-Step-Jeanna+ 6:30 pm-Yoga-Donna▲</p>	<p>5</p> <p>5:45 am-Core Form-Janie▲ 8:15 am-Pilates-Kim▲ 9:30-Deep Stretch-Balette▲ 9:30-CardioPump-Johnna D+ 10:00-Weights/Abs-Johnna D+ 10:30-Low Step-Balette+ 10:30-Seniors Yoga-Carol▲ No12:10Yogaforthesummer 4:30 pm-Yoga-Wallace+ 5:30 pm-Pilates-Janie▲ 6:30 pm-BGThighs-Johna+ 7:30 pm-KettleBells-Nancy+</p>	<p>6</p> <p>5:45 am-PowerCut-Johna K+ 8:30 am-Yoga-Stacy▲ 8:30 am-PowerCut-David + 9:30 am-LineDancingBalette▲ No 9:30Pilatesfor the summer 10:30 am-RXFitness-Balette▲ 11:30 am-Gentle Stretch-Balette-30 min▲ NO 4:30-Jump, Pump and Spin-for the summer</p>	<p>7</p> <p>9:30-Step-Jeanna+</p> <p>10:30-Zumba-Stephanie+</p> <p>9:30 am- Yoga-75 min-Susanna▲</p>
<p>8</p> <p>4:30-5:30-Boot Camp-Johna K+</p> <p>3:30 Yoga-75 min-Donna▲</p> <p>4:45-Yin Yoga-Donna▲</p>	<p>9</p> <p>5:45 am-PowerCut-JohnaK+ 8:30 am-Yoga-Susanna▲ 8:30 am-PowerCut-David D+ 9:30am-RXFitness-Balette▲ 9:30-CardioPump-JohnnaD+ 10:00-Weights/Abs-JohnnaD+ 10:30-Low Aerobics-Balette+ 5:30 pm-Line Dancing-Isabel+ 5:30 pm-Pilates-Devon▲ 6:30 pm-Yoga-Jane▲ 6:30 pm-Step-Amy +</p>	<p>10</p> <p>5:45 am-Core Form-Janie▲ 8:15am-Pilates-Kim▲ 9:30-Step-Jeanna+ No 9:30 Yoga for the summer 9:30 am-Stretch-Balette▲ 10:15-AquaAerobics-Johna K -pool 10:30 am-Low Step-Balette+ 5:30 pm-Yoga-Susanna+ 6:30 pm-Step-Amy+ 7:30 pm-PowerCut-Nancy+</p>	<p>11</p> <p>5:45am-PowerCut-Johna K+ 8:30am-Yoga-Wallace▲ 8:30 am-KettleBells -Nancy+ 9:30am-Step-Jeanna + 9:30 am-RX Fitness-Balette▲ 10:30 -Low Aerobics-Balette+ 12:10-Gentle Yoga-Balette▲ 5:30 pm-Boot Camp-Mark+ 6:30 pm-Step-Jeanna+ 6:30 pm-Yoga-Donna▲</p>	<p>12</p> <p>5:45 am-Core Form-Janie▲ 8:15 am-Pilates-Kim▲ 9:30-Deep Stretch-Balette▲ 9:30-CardioPump-Johnna D+ 10:00-Weights/Abs-Johnna D+ 10:15-AquaAerobics-Johna 10:30-Low Step-Balette+ 10:30-SeniorsYoga-Carol▲ No12:10Yogaforthesummer 4:30 pm-Yoga-Wallace+ 5:30 pm-Pilates-Devon▲ 6:30 pm-BG Thighs-JohnaK+ 7:30 pm-PowerCut-Nancy+</p>	<p>13</p> <p>5:45 am-PowerCut-Ti'eshia+ 8:30 am-Yoga-Carol▲ 8:30 am-PowerCut-David + 9:30 am-LineDancingBalette▲ No 9:30Pilatesfor the summer 10:30 am-RXFitness-Balette▲ 11:30 am-Gentle Stretch-Balette-30 min▲ NO 4:30-Jump, Pump and Spin-for the summer</p>	<p>14</p> <p>9:30-Step-Jeanna+</p> <p>10:30-Zumba-Stephanie+</p> <p>9:30-Yoga-Carol-75 min▲</p>
<p>15</p> <p>4:30-5:30-Kettle Bells-Nancy+</p> <p>3:30 Yoga-75 min-Jane▲</p> <p>Beginning our FREE WEEK!!</p>	<p>16</p> <p>5:45 am-PowerCut-JohnaK+ 8:30 am-Yoga-Ginny▲ 8:30 am-PowerCut-David D+ 9:30am-RXFitness-Balette▲ 9:30-CardioPump-JohnnaD+ 10:00-Weights/Abs-JohnnaD+ 10:30-Low Aerobics-Balette+ 5:30 pm-Line Dancing-Isabel+ 5:30 pm-Pilates-Devon▲ 6:30 pm-Yoga-Brianna▲ 6:30 pm-Step-Amy +</p>	<p>17</p> <p>5:45 am-Core Form-Janie▲ 8:15am-Pilates-Kim▲ 9:30-Step-Jeanna+ NO 9:30 Yoga for the summer 9:30 am-Stretch-Balette▲ 10:30 am-Low Step-Balette+ 12:00-Zumba-Sarah+ 5:30 pm-Yoga-Susanna+ 6:30 pm-Step-Amy+ 7:30 pm-PowerCut-Nancy+</p>	<p>18</p> <p>5:45am-PowerCut-Johna K+ 8:30am-Yoga-Brianna▲ 8:30-KettleBells-Nancy + 9:30am-Step-Jeanna+ 9:30 am-RX Fitness-Balette▲ 10:30 -Low Aerobics-Balette+ 12:10-Gentle Yoga-Balette▲ 5:30 pm-Boot Camp-Mark+ 6:30 pm-Step-Jeanna+ 6:30 pm-Yoga-Donna▲</p>	<p>19</p> <p>5:45 am-Core Form-Janie▲ 8:15 am-Pilates-Kim▲ 9:30-Deep Stretch-Balette▲ 9:30-CardioPump-Johnna D+ 10:00-Weights/Abs-Johnna D+ 10:30-Blind Class- Balette+ 10:30- SeniorsYoga-Carol▲ No12:10Yogaforthesummer 4:30 pm-Yoga-Susanna+ 5:30 pm-Pilates-Devon▲ 6:30 pm-BGThighs-Johna+ 7:30 pm-Kettle Bells-Nancy+</p>	<p>20</p> <p>5:45 am-PowerCut-Johna K+ 8:30 am-Yoga-Carol▲ 8:30 am-PowerCut-David + 9:30 am-LineDancingBalette▲ No 9:30Pilatesfor the summer 10:30 am-RXFitness-Balette▲ 11:30 am-Gentle Stretch-Balette-30 min▲ NO 4:30-Jump, Pump and Spin-for the summer</p>	<p>21</p> <p>9:30-Boot Camp-Johna K+</p> <p>10:30-Zumba-Sarah+</p> <p>9:30-Yoga-75 min-Ginny▲</p> <p>Ending our FREE WEEK!</p>



August Fitness continued 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>22</p> <p>4:30-5:30 pm— Zumba-Sarah+</p> <p>3:30-Yoga-Susanna- 75 min-▲</p>	<p>23</p> <p>5:45 am-PowerCut-JohnaK+ 8:30 am-Yoga-Ginny▲ 8:30am-PowerCut-David D+ 9:30am-RXFitness-Balette▲ 9:30-CardioPump-JohnnaD+ 10:00-Weights/Abs-JohnnaD+ 10:30-Low Aerobics-Balette+ 5:30 pm-Line Dancing-Isabel+ 5:30 pm-Pilates-Devon▲ 6:30 pm-Yoga-Jane▲ 6:30 pm-Step-Amy +</p>	<p>24</p> <p>5:45 am-Core Form-Janie▲ 8:15am-Pilates-Devon▲ 9:30-StepJeanna+ NO 9:30Yogafor the summer 9:30 am-Stretch-Balette▲ 10:30 am-Low Step-Balette+ 5:30 pm-Yoga-Susanna+ 6:30-Step-Amy+ 7:30 pm-PowerCut-Nancy+</p>	<p>25</p> <p>5:45am-PowerCut-Johna K+ 8:30am-Yoga-Brianna▲ 8:30 am-Kettle Bells-Nancy+ 9:30 am-Step-Jeanna+ 9:30 amRX Fitness-Balette▲ 10:30 -Low Aerobics-Balette+ 12:10-Gentle Yoga-Balette▲ 5:30 pm-Boot Camp-Mark+ 6:30 pm-Step-Jeanna+ 6:30 pm-Yoga-Donna▲</p>	<p>26</p> <p>5:45 am-Core Form-Janie▲ 8:15am-Pilates-Devon▲ 9:30 amDeepStretchBalette▲ 9:30-CardioPump-JohnnaD+ 10:00-Weights/Abs-Johnna 10:30 am-Low Step-Balette+ 10:30-SeniorsYoga- Brianna▲ No 12:10-Yogafor summer 4:30 pm-Yoga-Jane+ 5:30 pm-Pilates-Devon▲ 6:30 pm-Butts, Guts, Thighs- Johna+ 7:30 pm-PowerCut-Nancy+</p>	<p>27</p> <p>5:45 am-PowerCut-Ti'eshia+ 8:30 am-Yoga-Brianna▲ 8:30 am-PowerCut-David + 9:30 am-LineDancingBalette▲ NO 9:30 Pilates for summer 10:30 am-RXFitness-Balette▲ 11:30 am-Gentle Stretch- Balette-30 min▲ NO 4:30 Jump, Pump and Spin for the summer</p>	<p>28</p> <p>9:30 am-Cardio Combo- Jeanne+</p> <p>10:30-Zumba-Sarah+</p> <p>9:30-Hip Opening Yoga- ▲ This class will be a regular flow class with extra seated postures designed for hip opening-2 hours-all levels</p>
<p>29</p> <p>4:30-5:30 pm-Kettle Bell-Nancy+</p> <p>3:30-Yoga-Brianna 75 min-▲</p>	<p>30</p> <p>5:45 am-PowerCut-JohnaK+ 8:30 am-Yoga-Ginny▲ 8:30am-PowerCut-David D+ 9:30am-RXFitness-Balette▲ 9:30-CardioPump-JohnnaD+ 10:00-Weights/Abs-JohnnaD+ 10:30-Low Aerobics-Balette+ 5:30 pm-Line Dancing-Isabel+ 5:30 pm-Pilates-Devon▲ 6:30 pm-Yoga-Jane▲ 6:30 pm-Step-Amy +</p>	<p>31</p> <p>5:45 am-Core Form-Janie▲ 8:15am-Pilates-Kim▲ 9:30-Step-Jeanna+ No 9:30Yogafor the summer 9:30 am-Stretch-Balette▲ 10:30 am-Low Step-Balette+ 5:30 pm-Yoga-Susanna+ 6:30 pm-Step-Amy+ 7:30 pm-PowerCut-Nancy+</p>				
						<p>▲-Gymnastics Room +-Multi-Purpose Room</p> <p>Please note that class times are 55 minutes unless otherwise noted.</p>



August 2010 Cycling



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 No Sunday afternoon class for the summer	2 NO 9:30 cycling today 6:00 pm-Frank	3 5:45 am-Johna K 12:10-12:50-Paul 6:15 pm-Frank	4 6:00 pm-Frank	5 5:45 am-Paul 12:10-12:50-Paul 6:30 pm-Frank	6 NO Jump, Pump and Spin for the summer	7 9:00 am-Sarah
8 No Sunday afternoon class for the summer	9 9:30 am-Ginny 6:00 pm-Ginny	10 5:45 am-Paul 12:10-12:50-Paul 6:15 pm-Frank	11 6:00 pm-Ginny	12 5:45 am-Paul 12:10-12:50-Paul 6:30 pm-Frank	13 NO Jump, Pump and Spin for the summer	14 9:00 am- Sarah
15 No Sunday afternoon class for the summer	16 9:30 am-Ginny 6:00 pm-Ginny	17 5:45 am-Johna K 12:10-12:50-Paul 6:15 pm-Frank	18 6:00 pm-Ginny	19 5:45 am-Paul 12:10-12:50-Paul 6:30 pm- Frank	20 NO Jump, Pump and Spin for the summer	21 9:00 am-Sarah
22 No Sunday afternoon class for the summer	23 9:30 am-Ginny 6:00 pm-Ginny	24 5:45 am-Paul 12:10-12:50-Paul 6:15 pm-Frank	25 6:00 pm-Ginny	26 5:45 am-Paul 12:10-12:50-Paul 6:30 pm-Frank	27 NO Jump, Pump and Spin for the summer	28 9:00 am-Frank 10:15 am-Beginner Cycling-Cynthia
29 No Sunday afternoon class for the summer	30 9:30 am-Ginny 6:00 pm-Ginny	31 5:45 am-Ginny 12:10-12:50-Paul 6:15 pm-Frank				