

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

February 2012 Fitness Classes

CONTACT INFORMATION

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

YMCA YOGA DAY 2012

8:15-8:30	Gathering and registration	Gymnastics room	Team
8:30-9:50	Level 2 class	Multi-purpose room	Wallace
8:30-9:30	Beginner class	Gymnastics room	Brianna
9:30-9:50	Pose breakdown	Gymnastics room	Ginny
9:55-10:25	Children's yoga	Multi-purpose room	Wortley
10:00-10:25	Yogic Eating and Tasting	Gymnastics room	Carol
10:30-11:20	Discussion groups Meditation and chanting Ayurveda 8 limbs of yoga	Youth class room Youth room Gymnastics room	Rebecca Jane Carol
11:30-12:50	Thai massage yoga	Gymnastics room	Jane
1:00-1:30	Yoga nidra	Gymnastics room	Donna

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

Saturday February 18, 2012


8:30 am – 1:30pm

Wilson Family YMCA

Wear loose comfortable clothing

Cost: Voluntary Donations will be used to provide free yoga classes for the Wesley Shelter Child care available until 11:30 (\$1 fee for non-members, maximum of 1.5 hrs) Door Prizes!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>1</p> <p>5:45-Interval Fusion-Ginny ▲ 5:45am-PowerCut-Johna K+ 8:30am-Yoga-Carol ▲ 8:30 am--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+ No MELT Today 6:30 pm-Turbokick-Daphne+ 6:30 pm-Yoga-Donna ▲ 7:30 pm-Zumba-Sue+</p>	<p>2</p> <p>5:45amCoreFormJanie ▲ 8:00am-9:30 am-Pilates-Chantall ▲ 9:30-Deep Stretch-Balette ▲ 9:30-High Step-Jeanna+ 10:00-Weights/Abs-Jeanna+ 10:30-Low Step-Balette+ 12:00-12:50-Zumba-Karen+ 12:10-Yoga-Wortley ▲ 4:30 pm-Yoga-Carol+ 5:30 pm-Zumba-Gretchen+ 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>3</p> <p>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-Jane ▲ 6:00-Zumba-Sue+</p>	<p>4</p> <p>9:30-TurboKick-Karen+ 9:30-Yoga-Mary ▲ 10:30-Hip Opening Yoga-Mary ▲ 10:30-Zumba -Karen+</p>
<p>5</p> <p>3:00 Yin and Yang Yoga --90 min-Jane ▲ 3:30-4:30-Kettle Bell-Nancy+ 4:30-5:45-Zumba-Samantha ▲</p>	<p>6 5:45 am-PowerCut-JohnaK+ 8:30 am-Yoga-Ginny ▲ 8:30 am-PowerCut-Nancy + 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-4upWortley+ 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-Karen+</p>	<p>7</p> <p>5:45amCoreFormJanie ▲ 8:00am-MELT-Kim 8:45 am-Pilates-Kim ▲ 8:30-Step-Jeanna+ 9:30 am-Stretch-Balette ▲ 10:30 am-Low Step-Balette+ 12:00- Yoga-Wallace+ 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>8</p> <p>5:45-Interval Fusion-Ginny ▲ 5:45am-PowerCut-Johna K+ 8:30am-Yoga-Carol ▲ 8:30 am- 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>9</p> <p>5:45amCoreFormJanie ▲ 8:00amMELT-Kim ▲ 8:45 am-Pilates-Kim ▲ 9:30-Deep Stretch-Balette ▲ 9:30-High Step-Jeanna+ 10:00-Weights/Abs-Jeanna+ 10:30-Low Step-Balette+ 12:00-12:50-Zumba-Karen+ 12:10-Yoga-Wortley ▲ 4:30 pm-Yoga-Jane+ 5:30 pm-Zumba-Gretchen+ 6:30 pm-Butts,Gutts,ThighsJohnaK+ 6:30 pm-Pilates-Chantall ▲ 7:30 pm-Kettle Bell-Nancy+ 7:30 pm-Soul Line Dancing-Valerie ▲</p>	<p>10</p> <p>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-Karen+</p>	<p>11</p> <p>8:30-Soul Line Dancing-Valerie+ 8:30-Power YOGA Positions-A Toning/Flex Class-Amy W ▲ 9:30-Yoga-75 min-Stacy ▲ 9:30-Turbokick-Daphne+ 10:30-Zumba-Sue+</p>
<p>12</p> <p>3:00 Yoga-Wortley-90 min- ▲ 3:30-4:30-Kettle Bell-Nancy+ 4:30-5:45-Hip Hop Hustle-Samantha ▲</p> 	<p>13 5:45am-PowerCutJohna + 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-4upWortley+ 5:00-BeginnerBasic Line Dancing- 5:30 pm IntermediateLine Dancing-Susan+ 5:30 pm-Pilates-Chantall ▲ 6:30 pm-Dance Fusion-ChantallI+ 6:30 pm-Yoga-Jane ▲ 7:30 pm-Zumba-Gretchen+</p>	<p>14</p> <p>5:45amCoreFormJanie ▲ 8:00am-MELT-Kim 8:45 am-Pilates-Kim ▲ 8:30-Step-Jeanna+ 9:30 am-Stretch-Balette ▲ 10:30 am-Low Step-Balette+ 12:00- Yoga-Wallace+ 12:00-12:50-Zumba-Kim+ 4:30pm-Step-Jeanna+ 5:30 pm-Yoga-Brianna+ 6:30 pm-Step-Nancy+ 6:30 pm-Zumba-Sarah ▲ 7:30 pm-PowerCut-Nancy+</p>	<p>15</p> <p>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>16 5:45amCoreFormJanie ▲ 8:00am-MELT-Kim ▲ 8:45 am-Pilates-Kim ▲ 9:30-Deep Stretch-Balette ▲ 9:30-High Step-Jeanna+ 10:00-Weights/Abs-Jeanna+ 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>17</p> <p>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-Jane ▲ 6:00 pm-Zumba-Gretchen+</p>	<p>18</p> <p>YOGA DAY! 8:15-1:30 Free for members and guests! Voluntary Donations will be used to provide free yoga classes for the Wesley Shelter. Child Care available until 11:30 (1 1/2 hours max) For \$1 fee 10:30-Zumba-Gretchen +</p>



February Fitness continued 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>19 3:00- Yoga-Carol -90 min-▲</p> <p>3:30-4:30 pm- KettleBell-Nancy+</p> <p>4:30-5:45-Zumba- Samantha▲</p>	<p>20 5:45 am-PowerCut-JohnaK+ 8:30 am-Yoga-Ginny▲ 8:30am-PowerCut-Nancy+ 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-4upWortley+ 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>21 5:45 amCore Form-Janie▲ 8:00am-MELT-Kim▲ 8:45am-Pilates-Kim▲ 8:30-Step-Jeanna+ 9:30 am-Stretch-Balette▲ 10:30 am-Low Step-Balette+ 12:10-Yoga-Wallace▲ 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>22 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-Zumba-Sue+</p>	<p>23 5:45amCoreFormJanie▲ 8:00am-MELT-Kim▲ 8:30 am-Pilates-Kim▲ 9:30-Deep Stretch-Balette▲ 9:30-High Step-Jeanna+ 10:00-Weights/Abs-Jeanna+ 10:30-Low Step-Balette+ 12:00-12:50-Zumba-Gretchen+ 12:10-Yoga- Wallace▲ 4:30 pm-Yoga-Brianna+ 5:30 pm-Zumba-Samantha+ 6:30 pm-Butts, Guts &Thighs- Johan K + 6:30 pm-PiYo-Daphne▲ 7:30 pm- Kettle Bells-Nancy+ 7:30 pm-Soul Line Dancing Valerie▲</p>	<p>24 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- Larry-Spin Room 5:30-Yoga-75 min-Jane▲ 6:00 pm-Zumba-Sue+</p>	<p>25 9:30 Yoga- Brianna▲ 10:30 Level 2 Yoga- Brianna▲</p> <p>9:30-Turbokick- Karen+</p> <p>10:30-Zumba-Sue+</p>
<p>26 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- Samantha▲</p>	<p>27 5:45 am-PowerCut-JohnaK+ 8:30 am-Yoga-Stacy▲ 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+ NO YaYaYoga Today 5:00pm-Basic Beginner Line Dancing - Susan+ 5:30 pm Intermediate Line Dancing-Susan+ 5:30- Pilates-Nora▲ 6:30 pm-Step-Amy + 6:30pm-Yoga-Jane▲ 7:30-Dance Fusion-Chantall+</p>	<p>28 5:45 am-Core Form-Janie▲ 8:00am-MELT-Kim▲ 8:45-Pilates-Kim▲ 8:30-Step- Jeanna+ 9:30 am-Stretch-Balette▲ 10:30 am-Low Step-Balette+ 12:10-Yoga-Wallace+ 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>29 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▲ 6:35 pm-TurboKick-Karen+ 6:30 pm-Yoga-Donna▲ 7:30-Zumba-Sue+</p>			
<p>▲ -Gymnastics Room + -Multi-Purpose Room *-Robin Givens Youth Room Please note that class times are 55 minutes unless otherwise noted</p>						



February 2012 Cycling



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>We are excited to offer such quality cycling classes! Our instructors work very hard to give you the best experience possible. To make it fair for everyone, our policy is that there can be NO saving a bike for anyone. Thank you for your support!</p>			1 5:30 am-Spin Max David S 9:30 am-Patch 6:00 pm-Frank	2 5:45 am-Larry 12:10-12:50-Patch 5:15-Cycling Lite-Cynthia 6:30 pm-David S.	3 4:30 -Jump, Pump and Spin-Ginny	4 8:15-9:15-Spin Max-David S 9:45-10:30-All Spin-Larry
<p>New Saturday Spin!! 8:15-9:15 Spin Max 9:45-10:30 All Spin Beginners, please come at 9:30 for spinning tips including set-up, safety, and techniques from the spinning pros :)</p>	6 5:45 a.m.-Frank 9:30 am-Core Spin-Ginny 6:00 pm-Ginny	7 5:45 am-Theresa 12:10-12:50-Theresa 5:15 pm-Cycling lite-Patch 6:15 pm-Frank	8 5:30 am-Spin Max David S 9:30 am-Patch 6:00 pm-Frank	9 5:45 am-Larry 12:10-12:50-Patch 5:15-Cycling Lite-Cynthia 6:30 pm-David S.	10 4:30 -Jump, Pump and Spin-Ginny	11 8:15-9:15-Spin Max-Larry 9:45-10:30-All Spin-Frank
	13 5:45 a.m.-Frank 9:30 am-Core Spin-Ginny 6:00 pm-Larry	14 5:45 am-David S 12:10-12:50-Theresa 5:15 pm-Cycling lite-Patch 6:15 pm-Frank	15 5:30 am-Spin Max-David S 9:30 am-Patch 6:00 pm-Frank	16 5:45 am-Larry 12:10-12:50-Patch 5:15-Cycling Lite-Cynthia 6:30 pm- David S	17 4:30 -Jump, Pump and Spin-Ginny	18 8:15-9:15-Spin Max-Frank 9:45-10:30-All Spin-Theresa
	20 5:45 a.m.-Frank 9:30 am-Core Spin-Ginny 6:00 pm-Ginny	21 5:45 am-Theresa 12:10-12:50-Theresa 5:15 pm-Cycling lite-Patch 6:15 pm-Frank	22 5:30-Spin Max David S 9:30-Patch 6:00 pm-Frank	23 5:45 am-Larry 12:10-12:50-Patch 5:15-Cycling Lite-Cynthia 6:30 pm- David S	24 4:30 -Jump, Pump and Spin-Larry	25 8:15-9:15-Spin Max-David 9:45-10:30-All Spin-David S
	26 	27 5:45 a.m.-Frank No Core Spin Today 6:00 pm-Larry	28 5:45 am-David S 12:10-12:50-Theresa 5:15 pm-Cycling lite-Patch 6:15 pm-Frank	29 5:30-Spin Max David S 9:30-Patch 6:00 pm-Frank	<p>Please Note:</p> <ul style="list-style-type: none"> • Sign up is required for all evening classes and you may begin calling at noon the day of the class • All other classes are on a first come-first served basis • Non-members may not reserve a bike 252-291-YMCA (9622) 	