

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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February 2010 Fitness Classes

CONTACT INFORMATION

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

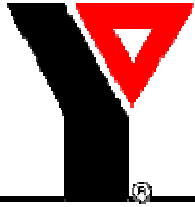
Please review the class schedule carefully, there have been several time changes and additional classes have been added ☺

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

YMCA February Fitness Bingo! Keep your New Year's Resolutions! It is easy to play!

1. Pick up a card from the front desk
2. Attend a class
3. Have your instructor initial the class attended
4. Fill up the entire card
5. Put card in bowl for drawing to win a prize!

Prizes include:
2-one month memberships
A YMCA Gym Bag
A YMCA tshirt and sweatshirt
A YMCA hat



February Fitness 2010



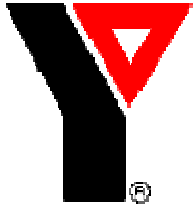
Sun	Mon	Tue	Wed	Thu	Fri	Sat
New	Sunday	Afternoon	Classes!!!			
	<p>1</p> <p>5:45 am-PowerCut-JohnaK+ 8:30 am-Yoga-Ginny ▲ 8:30am-PowerCut-David D+ 9:30am-RXFitness-Balette ▲ 9:30-CardioPump-JohnnaD+ 10:00-Weights/Abs-JohnnaD+ 10:30-Low Aerobics-Balette+ 5:30 pm-Line Dancing-Isabel+ 5:30 pm-Pilates-Nora ▲ 6:30 pm-Yoga-Jane ▲ 6:30 pm-Step-Amy +</p>	<p>2</p> <p>5:45 am-Core Form-Janie ▲ 8:15am-Pilates-Kim ▲ 8:30-TurboKick-Aimee+ 9:30am-PowerYoga-Wallace+ 9:30 am-Stretch+Flow-Janie ▲ 10:30 am-Low Step-Balette+ 5:30 pm-Yoga-Nora+ 6:30 pm-Step-Amy+ 7:30 pm-PowerCut-Nancy+</p>	<p>3</p> <p>5:45am-PowerCut-Gail+ 8:30am-Yoga-Stacy ▲ 8:30 am-TurboKick-Aimee+ 9:30am-PowerCut-Aimee+ 9:30 am-RX Fitness-Balette ▲ 10:30 -Low Aerobics-Balette+ 12:10-Gentle Yoga-Balette ▲ 5:30 pm-Boot Camp-Brian+ 6:30 pm-TurboKick-Aimee+ 6:30 pm-Yoga-Donna ▲ 7:30 pm-Belly Dancing for Fitness-Shelley ▲</p>	<p>4</p> <p>5:45 am-Core Form-Janie ▲ 8:15am-Pilates-Kim ▲ 9:30-Deep Stretch-Balette ▲ 9:30-CardioPump-Johnna D+ 10:00-Weights/Abs-Johnna D+ 10:30-Low Step-Balette+ 12:10-PowerYoga-Wallace ▲ 4:30 pm-Yoga-Stacy+ 6:30 pm-Boot Camp-Johna+ 6:30 pm-Pilates-Devon ▲ 7:30 pm-PowerCut-Nancy+</p>	<p>5</p> <p>5:45 am-PowerCut-Johna K+ 8:30 am-Yoga-Nora ▲ 8:30 am-PowerCut-David + 9:30 am-LineDancingBalette ▲ 9:30 am-Pilates-Devon+ 10:30 am-RXFitness-Balette ▲ 11:30 am-Gentle Stretch-Balette-30 min ▲ 4:30-Jump, Pump and Spin-Ginny-cycling room</p>	<p>6</p> <p>8:30 am-Butts, Guts and Thighs-Johna K+</p> <p>9:30-Advanced Line Dancing-90 min-Isabel+</p> <p>9:30-Yoga-75 min-Nora ▲</p>
<p>7</p> <p>3:30-4:15 pm Kettle Bells-Nancy +</p> <p>4:15-4:45-Stretch Class with Cycling Class joining-Nancy+</p> <p>3:30-Yoga-75 min-Mary ▲</p>	<p>8</p> <p>5:45 am-PowerCut-JohnaK+ 8:30 am-Yoga-Carol ▲ 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-Nora ▲ 6:30 pm-Yoga-Nora ▲ 6:30 pm-Step-Amy +</p>	<p>9</p> <p>5:45 am-Core Form-Janie ▲ 8:15am-Pilates-Kim ▲ 8:30-TurboKick-Aimee+ 9:30am-PowerYoga-Wallace+ 9:30 am-Stretch+Flow-Janie ▲ 10:30 am-Low Step-Balette+ 5:30 pm-Yoga-Jane+ 6:30-Step-Amy+ 7:30 pm-PowerCut-Nancy+</p>	<p>10</p> <p>5:45am-PowerCut-Johna K+ 8:30am-Yoga-Wallace ▲ 8:30-PowerCut-Nancy+ 9:30 am-Zumba-Stephanie + 9:30 am-RX Fitness-Balette ▲ 10:30 -Low Aerobics-Balette+ 12:10-Gentle Yoga-Balette ▲ 5:30 pm-Boot Camp-Brian+ 6:30 pm-Yoga-Donna ▲ 6:30 pm-Butts, Guts and Thighs-Johna K+ 7:30 pm-Belly Dancing for Fitness-Shelley ▲</p>	<p>11</p> <p>5:45 am-Core Form-Janie ▲ 8:15am-Pilates-Kim ▲ 9:30 amDeepStretchBalette ▲ 9:30-CardioPump-JohnnaD+ 10:00-Weights/Abs-Johnna 10:30 am-Low Step-Balette+ 12:10-PowerYoga-Wallace ▲ 4:30-Yoga-Jane+ 6:30 pm-Boot Camp-Johna+ 6:30 pm-Pilates-Janie ▲ 7:30 pm-PowerCut-Nancy+</p>	<p>12</p> <p>5:45 am-PowerCut-Johna K+ 8:30 am-Yoga-Stacy ▲ 8:30 am-PowerCut-David + 9:30 am-LineDancingBalette ▲ 9:30 am-Pilates-Kim+ 10:30 am-RXFitness-Balette ▲ 11:30 am-Gentle Stretch-Balette-30 min ▲ 4:30-Jump, Pump and Spin-Ginny –cycling room</p>	<p>13</p> <p>8:30 am-Step-Gail+</p> <p>9:30-Yoga-75 min-Wallace ▲</p> <p>9:30-Zumba-Stephanie+</p>



February Fitness continued 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>14 3:30-4:15 pm- CardioCombo-Gail+ 4:15-4:45 pm-Deep Stretch with the Cycling Class-Nora+ 3:30-Yin Yoga-75 min- Donna▲ A style of yoga that works well for all levels!</p>	<p>15 5:45 am-PowerCut-Gail+ 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-Nora▲ 6:30 pm-Yoga-Nora▲ 6:30 pm-Step-Amy +</p>	<p>16 5:45 am-Core Form-Janie▲ 8:15am-Pilates-Kim▲ 8:30-Step-Ginny+ 9:30am-PowerYoga-Wallace+ 9:30 am-Stretch+Flow-Janie▲ 10:30 am-Low Step-Balette+ 5:30 pm-Yoga-Jane+ 6:30 pm-Step-Amy+ 7:30 pm-PowerCut-Nancy+</p>	<p>17 5:45am-PowerCut-Gail+ 8:30am-Yoga-Stacy▲ 8:30 am-PowerCut-Nancy+ 9:30 am-Zumba-Stephanie+ 9:30 am-RX Fitness-Balette▲ 10:30 -Low Aerobics-Balette+ 12:10-Gentle Yoga-Balette▲ 5:30 pm-Boot Camp-Brian+ 6:30 pm-Butts,Guts and Thighs-Johna K+ 6:30 pm-Yoga-Donna▲ 7:30 pm-Belly Dancing for Fitness-Shelley▲</p>	<p>18 5:45 am-Core Form-Janie▲ 8:15am-Pilates-Kim▲ 9:30-Deep Stretch-Balette▲ 9:30-CardioPump-Johnna D+ 10:00-Weights/Abs-Johnna D+ 10:30-Blind Class-Balette+ 12:10-PowerYoga-Wallace▲ 4:30 pm-Yoga-Stacy+ 6:30 pm-Boot Camp-Johna+ 6:30 pm-Pilates-Devon▲ 7:30 pm-PowerCut-Nancy+</p>	<p>19 5:45 am-PowerCut-Johna K+ 8:30 am-Yoga-Nora▲ 8:30 am-PowerCut-David + 9:30 am-LineDancingBalette▲ 9:30 am-Pilates-Devon+ 10:30 am-RXFitness-Balette▲ 11:30 am-Gentle Stretch-Balette-30 min▲ 4:30-Spiin/Abs-Johna K</p>	<p>20 8:30 am-Combo Class-Ti'eshia+ 9:30-Zumba-Stephanie+ 9:30-Yoga-75 min-Ginny▲ 10:30 am-TurboKick-Aimee+ *note later time!</p>
<p>21 3:30-4:15 pm- PowerCut-Aimee+ 4:15-4:45 pm-Deep Stretch with the Cycling Class-Ginny+ 3:30-Yoga-75 min-Carol▲</p>	<p>22 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-Nora▲ 6:30 pm-Yoga-Jane▲ 6:30 pm-Step-Amy+</p>	<p>23 5:45 am-Core Form-Janie▲ 8:15am-Pilates-Kim▲ 8:30-TurboKick-Aimee 9:30am-PowerYoga-Wallace+ 9:30 am-Stretch+Flow-Janie▲ 10:30 am-Low Step-Balette+ 5:30 pm-Yoga-Jane+ 6:30-Step-Amy+ 7:30 pm-PowerCut-Nancy+</p>	<p>24 5:45am-PowerCut-Johna K+ 8:30am-Yoga-Ginny▲ 8:30 am-TurboKick-Aimee+ 9:30 am-PowerCut-Aimee+ 9:30 am-RX Fitness-Balette▲ 10:30 -Low Aerobics-Balette+ 12:10-Gentle Yoga-Balette▲ 5:30 pm-Boot Camp-Brian+ 6:30 pm-Yoga-Donna▲ 6:30 pm-TurboKick-Aimee+ 7:30 pm-Belly Dancing for Fitness-Shelley▲</p>	<p>25 5:45 am-Core Form-Janie▲ 8:15am-Pilates-Kim▲ 9:30-Deep Stretch-Balette▲ 9:30-CardioPump-Johnna D+ 10:00-Weights/Abs-Johnna D+ 10:30am-Low Step-Balette+ 12:10-PowerYoga-Wallace▲ 4:30 pm-Yoga-Jane+ 6:30 pm-Boot Camp-Johna+ 6:30 pm-Pilates-Devon▲ 7:30 pm-PowerCut-Nancy+</p>	<p>26 5:45 am-PowerCut-Johna K+ 8:30 am-Yoga-Stacy▲ 8:30 am-PowerCut-David + 9:30 am-LineDancingBalette▲ 9:30 am-Pilates-Devon+ 10:30 am-RXFitness-Balette▲ 11:30 am-Gentle Stretch-Balette-30 min▲ 4:30-Spin/Abs-Johna K</p>	<p>27 8:30 am-Turbo Kick-Aimee + 9:30-Zumba-Stephanie+ 9:30 am-Yoga-75 min-Jane▲ 11:00 am-Special Yoga Seminar for Seniors-75 min-Carol▲</p>
<p>28 3:30-4:15 pm-Kettle Bells-Nancy+ 4:15-5:15 pm-Deep Stretch with Cycling Class-Nancy+ 3:30-Yoga-75 min-Stacy▲</p>		<p>New</p>	<p>Sunday</p>	<p>Afternoon</p>	<p>Classes!!</p>	<p>▲-Gymnastics Room +-Multi-Purpose Room</p> <p>Please note that class times are 55 minutes unless otherwise noted.</p>



February 2010 Cycling



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30 am-Ginny 6:00 pm-Ginny	2 5:45 am-David S 12:10-12:50-Sarah 6:15 pm-Frank	3 6:00 pm-Ginny	4 5:45 am-Paul 12:10-12:50-Paul 6:30 pm-David S	5 4:30 pm-75 min Jump, Pump and Spin-Ginny	6 New Class Time! 9:00 a.m.-Nora
7 New Class!! 3:30-4:15-Spin-Sarah 4:15-4:45-Stretch-Nancy in the multi-purpose room	8 9:30 am-Ginny 6:00 pm-Ginny	9 5:45 am-David S 12:10-12:50-Sarah 5:15-Spin Lite-Nora 6:15 pm-Frank- Featuring Bruce Springsteen!!	10 6:00 pm-Ginny	11 5:45 am-Paul 12:10-12:50-Paul 6:30 pm-David S	12 4:30 pm-75 min – Jump, Pump and Spin Ginny	13 9:00 am-David S
14 New Class!! 3:30-4:15-Spin-Nora 4:15-4:45-Stretch-Nora-in the multi-purpose room	15 9:30 am-Ginny 6:00 pm-Ginny	16 5:45 am-David S 12:10-12:50-Sarah 5:15-Spin Lite-Nora 6:15 pm-Frank	17 6:00 pm-Ginny	18 5:45 am-Paul 12:10-12:50-Paul 6:30 pm-David S- Featuring The Rolling Stones!	19 4:30 pm-75 min – Spin/Abs Johna K	20 9:00 am-Frank
21 New Class!! 3:30-4:15-Spin-Ginny 4:15-4:45-Stretch-Ginny-in the multi-purpose room	22 9:30 am-Ginny 6:00 pm-Ginny	23 5:45 am-David S 12:10-12:50-Sarah 5:15-Spin lite-Nora 6:15 pm-Frank	24 6:00 pm-Ginny	25 5:45 am-Paul 12:10-12:50-Paul 6:30 pm-David S	26 4:30 pm-75 min – Spin /Abs-Johna K	27 9:00 am-Sarah
28 3:30-4:15-Spin-Frank 4:15-4:45-Stretch-Nancy-in the multi-purpose room		Spin Lite! On the 9th, 16th and 23rd	If you are new to spinning or would like a lighter class, try Spin Lite with Nora!!			**Please note that the Tuesday evening class begins at 6:15 and Thursday at 6:30