

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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March 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

Free Week of strength/ aerobics classes!!

Have you been trying to talk a friend into trying classes at the YMCA?

We are offering a free week of classes beginning on March 21st-March 27th

Included are PowerCut, RX Fitness, CardioPump, Weights/Abs, Low Aerobics, Step, TurboKick, Low Step, Boot Camp, Belly Dancing for Fitness, Butts, Guts and Thighs, Jump, Pump and Spin, Kettle Bells and Zumba!!

Yoga Day USA!

Saturday, March 20th

8:30 am-Beginner Class-Ginny

9:30 am-Relaxation and Visualization-Stacy

10:00 am-Thai Yoga-Jane

11:45 am-Restorative/Therapeutic-Nora

Session ends at 1:00

Please bring water and a snack

Admission is \$3 or 3 cans of food for Hope Station

Space is limited! Arrive early!

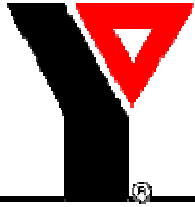
Sunday, March 21st

2:15 pm-Level 2 Yoga-Wallace

3:40 pm-Meditation-Susanna and DeAnn

4:30 pm-Yin Yoga-Donna

Session ends at 5:45 pm



March Fitness 2010



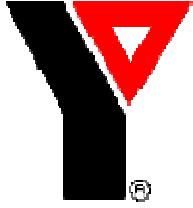
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Invite</i>	a non-member	to join you for	an aerobic/strength class	at the YMCA for free!!!	All classes in bold are included	Beginning on Sunday, March 21st-27th (Cycling not included)
	1 5:45 am-PowerCut-JohnaK+ 8:30 am-Yoga-Ginny▲ 8:30am-PowerCut-David D+ 9:30am-RXFitness-Balette▲ 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-Nora▲ 6:30 pm-Step-Amy +	2 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 pm-Step-Amy+ 7:30 pm-PowerCut-Nancy+	3 5:45am-PowerCut-Johna+ 8:30am-Yoga-Carol▲ 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-Johna+ 6:30 pm-TurboKick-Aimee+ 6:30 pm-Yoga-Donna▲ 7:30 pm-Belly Dancing for Fitness-Shelley▲	4 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-Nora+ 6:30 pm-Butts, Guts, Thighs-Johna+ 6:30 pm-Pilates-Devon▲ 7:30 pm-PowerCut-Nancy+	5 5:45 am-PowerCut-Gail+ 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-Jump, Pump and Spin-Ginny-cycling room	6 8:30 am-Combo Class-Ti'eshia+ 9:30-Zumba-Stephanie+ 9:30-Yoga-75 min-Nora▲
7 3:30-4:30 pm Kettle Bells-Nancy + 3:30-Yoga-75 min-Carol▲	8 5:45 am-PowerCut-JohnaK+ 8:30 am-Yoga-Stacy▲ 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 +	9 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+	10 5:45am-PowerCut-Johna K+ 8:30am-Yoga-Wallace▲ 8:30am-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-Johna+ 6:30 pm-Yoga-Donna▲ 6:30 pm-TurboKick-Aimee+ 7:30 pm-Belly Dancing for Fitness-Shelley▲	11 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-Butts, Guts, Thighs-Johna+ 6:30 pm-Pilates-Devon▲ 7:30 pm-PowerCut-Nancy+	12 5:45 am-PowerCut-Johna K+ 8:30 am-Yoga-Carol▲ 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	13 8:30 am-Butts, Guts, Thighs- Johna+ 9:30-Yoga-75 min-Wallace▲ 9:30-Advanced Line Dancing-90 minutes-Isabel+



March Fitness continued 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>14 3:30-4:30 pm- CardioCombo-Johna+</p> <p>3:30-Yin Yoga-75 min- Donna ▲ A style of yoga that works well for all levels!</p>	<p>15 5:45 am-PowerCut-Johna+ 8:30 am-Yoga-Nora ▲ 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>16 5:45 am-Core Form-Nora ▲ 8:15am-Pilates-Kim ▲ 8:30-TurboKick-Aimee+ 9:30am-PowerYoga-Wallace+ 9:30 am-Stretch+Flow-Kim ▲ 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-Wallace ▲ 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-Johna K+ 6:30 pm-TurboKick-Aimee+ 6:30 pm-Yoga-Donna ▲ 7:30 pm-Belly Dancing for Fitness-Shelley ▲</p>	<p>18 5:45 am-Core Form-Nora ▲ 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-Butts, Guts Thighs- Johna+ 6:30 pm-Pilates-Devon ▲ 7:30 pm-PowerCut-Nancy+</p>	<p>19 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-Jump, Pump and Spin- Ginny-Cycling Room</p>	<p>20 8:30 am-Step-Gail+ 9:30-Zumba-Stephanie+</p> <p>8:30 a.m.-Beginner Class-Ginny 9:30-1:00-YMCA Yoga Day see flyers for details</p>
<p>21 3:30-4:30 pm- PowerCut-Aimee+</p> <p>2:15 pm-YMCA Yoga Day ▲ Please see flyers for details</p>	<p>22 <i>5:45 am-PowerCut-JohnaK+</i> 8:30 am-Yoga-Nora ▲ <i>8:30am-PowerCut-David D+</i> <i>9:30am-RXFitness-Balette ▲</i> <i>9:30-CardioPump-JohnnaD+</i> <i>10:00-Weights/Abs-JohnnaD+</i> <i>10:30-Low Aerobics-Balette+</i> 5:30 pm-Line Dancing-Isabel+ 5:30 pm-Pilates-Nora ▲ 6:30 pm-Yoga-Jane ▲ <i>6:30 pm-Step-Amy+</i></p>	<p>23 5:45 am-Core Form-Janie ▲ 8:15am-Pilates-Kim ▲ <i>8:30-TurboKick-Aimee</i> 9:30am-PowerYoga-Wallace+ 9:30 am-Stretch+Flow-Janie ▲ <i>10:30 am-Low Step-Balette+</i> 5:30 pm-Yoga-Jane+ <i>6:30-Step-Amy+</i> <i>7:30 pm-PowerCut-Nancy+</i></p>	<p>24 <i>5:45am-PowerCut-Johna K+</i> 8:30am-Yoga-Carol ▲ <i>8:30 am-TurboKick-Aimee+</i> <i>9:30 am-PowerCut-Aimee +</i> <i>9:30 am-RX Fitness-Balette ▲</i> <i>10:30 -Low Aerobics-Balette+</i> 12:10-Gentle Yoga-Balette ▲ <i>5:30 pm-Boot Camp-Johna K+</i> 6:30 pm-Yoga-Donna ▲ <i>6:30 pm-TurboKick-Aimee+</i> <i>7:30 pm-Belly Dancing for Fitness-Shelley ▲</i></p>	<p>25 5:45 am-Core Form-Janie ▲ 8:15am-Pilates-Kim ▲ 9:30-Deep Stretch-Balette ▲ <i>9:30-CardioPump-Johnna +</i> <i>10:00-Weights/Abs-Johnna</i> <i>10:30am-Low Step-Balette+</i> 12:10-PowerYoga-Wallace ▲ 4:30 pm-Yoga-Jane+ <i>6:30 pm-Butts,Guts Thighs - Johna+</i> 6:30 pm-Pilates-Devon ▲ <i>7:30 pm-PowerCut-Nancy+</i></p>	<p>26 <i>5:45 am-PowerCut-Gail+</i> 8:30 am-Yoga-Stacy ▲ <i>8:30 am-PowerCut-David +</i> 9:30 am-LineDancingBalette ▲ 9:30 am-Pilates-Devon+ <i>10:30 am-RXFitness-Balette ▲</i> 11:30 am-Gentle Stretch- Balette-30 min ▲ <i>4:30-Jump, Pump, Spin-Ginny Cycling Room</i></p>	<p>27 8:30 am-KettleBells- Nancy + 9:30-Zumba- Stephanie+ 9:30 am-Yoga-75 min- Wallace ▲</p>
All Bolded	<i>Classes</i>	<i>are Free</i>	to Non-members	<i>this</i>	Week!!!	
<p>28 3:30-4:30 pm- PowerCut-Johna+</p> <p>3:30-Yoga-75 min- Jane ▲</p>	<p>29 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>30 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>31 5:45am-PowerCut-Johna K+ 8:30am-Yoga-Stacy ▲ 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-Johna K+ 6:30 pm-Yoga-Donna ▲ 6:30 pm-TurboKick-Aimee+ 7:30 pm-Belly Dancing for Fitness-Shelley ▲</p>			<p>▲-Gymnastics Room + -Multi-Purpose Room</p> <p>Please note that class times are 55 minutes unless otherwise noted.</p>



March 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 5:15-Cycling Lite-Nora 6:15-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.-Sarah
7 3:30-4:30-Spin- Frank	8 9:30 am-Ginny 6:00 pm-Ginny	9 5:45 am-David S 12:10-12:50-Sarah 5:15-Cycling Lite-Nora 6:15 pm-Frank- Featuring Led Zeppelin!!!	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 3:30-4:30-Spin- Sarah	15 9:30 am-Ginny 6:00 pm-Ginny	16 5:45 am-David S 12:10-12:50-Sarah 6:15-Cycling 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 Pink Floyd-”Dark Side of the Moon”	19 4:30 pm-75 min – Jump, Pump and Spin-Ginny	20 9:00 am-Nora
21 3:30-4:30-Spin-Ginny	22 9:30 am-Ginny 6:00 pm-Ginny	23 5:45 am-David S 12:10-12:50-Sarah 5:15-Cycling 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 – Jump, Pump and Spin-Ginny	27 9:00 am-Frank
28 3:30-4:30-Spin-Frank	29 9:30 am-Ginny 6:00 pm-Ginny	30 5:45 am-Johna K 12:10-12:50-Sarah 5:15-Cycling Lite-Nora 6:15 pm-Nora	31 6:00 pm-Ginny			**Please note that the Tuesday evening class begins at 6:15 and Thursday at 6:30