

# 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
Sunday Beginning September 12th	3:00 pm-6:00 pm

# September 2010 Fitness Classes

## CONTACT INFORMATION

3436-C Airport Blvd. – Wilson, NC 27896  
252-291-9622 \* 252-291-9664 fax  
Website: [www.wilsonymca.com](http://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](mailto:marysargent@nc.rr.com)  
252-230-8011 or 252-291-3009

Please check the schedule *carefully* for fall changes in class times

New specialty classes! Core Form with Ginny  
Core/Power Plyo with Ginny and Janie

New Wednesday lunchtime cycling with Patch!!



**New Monday night Boot Camp with Johna Kite at 7:30 pm!**



**New Zumba classes! Tuesday at 12:10 pm and Thursday's at 5:30 pm!**





# September Fitness 2010



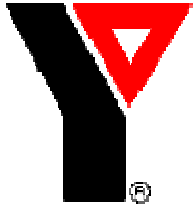
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 <p><b>Monday night Boot Camp with Johna Kite at 7:30 pm!</b></p>	 <p><b>NEW Zumba Classes!</b> Tuesday's at 12:10 pm and Thursday nights at 5:30 pm!</p>	<p><b>1</b> 5:45am-PowerCut-Johna K+ 8:30am-Yoga-Wallace ▲ <b>8:30 am-PowerCut-Jeanna+</b> <b>9:30am-Step-Johnna D+</b> 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-TurboKick-Aimee+ 6:30 pm-Yoga-Donna▲</p>	<p><b>2</b> 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+ <b>10:30-Seniors Yoga-Brianna ▲</b> <b>12:10-Yoga-Wallace ▲</b> 4:30 pm-Yoga-Jane+ <b>5:30-Zumba-Sarah+</b> <b>6:30 pm-Pilates-Devon ▲</b> 6:30 pm-BGThighs-Johna+ <b>7:30 pm-KettleBells-Nancy+</b></p>	<p><b>3</b> 5:45 am-PowerCut-Ti'eshia+ 8:30 am-Yoga-Brianna ▲ 8:30 am-PowerCut-David + <b>9:30 am-LineDancingBalette ▲</b> <b>9:30-Pilates-Janie+</b> 10:30 am-RXFitness-Balette ▲ 11:30 am-Gentle Stretch-Balette-30 min ▲ <b>4:30-Jump, Pump and Spin-Ginny</b></p>	<p><b>4</b> <b>9:30-Boot Camp-Johna K+</b>  <b>9:30 am- Yoga-75 min-Susanna ▲</b></p>
<p><b>5</b> YMCA OPEN  NO Classes Today</p>	<p><b>6</b> NO Classes YMCA Closed  Have a happy and safe Labor Day!!</p>	<p><b>7</b> 5:45 am-Core Form-Janie ▲ 8:15am-Pilates-Kim ▲ <b>8:30-TurboKick-Aimee+</b> <b>9:30 Yoga-Wallace+</b> 9:30 am-Stretch-Balette ▲ 10:30 am-Low Step-Balette+ <b>12:10-Zumba-Stephanie+</b> 5:30 pm-Yoga-Susanna+ 6:30 pm-Step-Amy+ 7:30 pm-PowerCut-Nancy+</p>	<p><b>8</b> 5:45am-PowerCut-Johna K+ 8:30am-Yoga-Carol ▲ <b>8:30 am-PowerCut-Jeanna+</b> <b>9:30am-Step-Johnna D +</b> 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-TurboKick-Aimee+ 6:30 pm-Yoga-Donna▲</p>	<p><b>9</b> 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+ <b>10:30-SeniorsYoga-Carol ▲</b> <b>12:10-Yoga-Wallace ▲</b> 4:30 pm-Yoga-Jane+ <b>5:30-Zumba-Sarah+</b> <b>6:30 pm-Pilates-Devon ▲</b> 6:30 pm-BG Thighs-JohnaK+ 7:30 pm-PowerCut-Nancy+</p>	<p><b>10</b> 5:45 am-PowerCut-Ti'eshia+ 8:30 am-Yoga-Brianna ▲ 8:30 am-PowerCut-David + 9:30 am-LineDancingBalette ▲ <b>9:30-Pilates-Ginny+</b> 10:30 am-RXFitness-Balette ▲ 11:30 am-Gentle Stretch-Balette-30 min ▲ <b>4:30-Jump, Pump and Spin-Ginny</b></p>	<p><b>11</b> <b>9:00-CORE/POWER PLYO-75 min-Ginny and Janie+</b> <b>A combination of pilates, core work and plyometrics+</b> 10:30-Zumba-Stephanie+ 9:30-Yoga-Carol-75 min ▲</p>
<p><b>12</b> <b>3:30-4:30-Kettle Bells-Nancy+</b>  <b>3:30 Yoga-Susanna75 min- ▲</b></p>	<p><b>13</b> 5:45 am-PowerCut-JohnaK+ 8:30 am-Yoga-Ginny ▲ 8:30 am-PowerCut-David D+ 9:30am-RXFitness-Balette ▲ 9:30-CardioPump-Jeanna+ 10:00-Weights/Abs-Jeanna+ 10:30-Low Aerobics-Balette+ 5:30 pm-Line Dancing-Isabel+ <b>6:30 pm-Pilates-Devon ▲</b> 6:30 pm-Step-Amy + <b>7:30 pm-Boot Camp-Johna K+</b></p>	<p><b>14</b> 5:45 am-Core Form-Janie ▲ 8:15am-Pilates-Kim ▲ <b>8:30-TurboKick-Aimee+</b> <b>9:30- Yoga-Wallace+</b> 9:30 am-Stretch-Balette ▲ 10:30 am-Low Step-Balette+ <b>12:10-Zumba-Stephanie+</b> 5:30 pm-Yoga-Susanna+ 6:30 pm-Step-Amy+ 7:30 pm-PowerCut-Nancy+</p>	<p><b>15</b> 5:45am-PowerCut-Johna K+ 8:30am-Yoga-Wallace ▲ <b>8:30-PowerCut-Jeanna +</b> <b>9:30am-Step-Johnna D+</b> 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-TurboKick-Aimee+ 6:30 pm-Yoga-Donna▲</p>	<p><b>16</b> 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+ <b>10:30- SeniorsYoga-Carol ▲</b> <b>12:10-Yoga- Wallace ▲</b> 4:30 pm-Yoga-Mary+ <b>5:30-Zumba-Sarah+</b> <b>6:30 pm-Pilates-Devon ▲</b> 6:30 pm-BGThighs-Johna+ <b>7:30 pm-Kettle Bells-Nancy+</b></p>	<p><b>17</b> 5:45 am-PowerCut-Jeanna+ 8:30 am-Yoga-Carol ▲ 8:30 am-PowerCut-David + 9:30 am-LineDancingBalette ▲ <b>9:30-Pilates-Wallace+</b> 10:30 am-RXFitness-Balette ▲ 11:30 am-Gentle Stretch-Balette-30 min ▲ <b>4:30-Jump, Pump and Spin-Ginny</b></p>	<p><b>18</b> <b>9:30--Kettle Bells-Nancy+</b> 10:30-Zumba-Stephanie+ 9:30-Yoga-Mary-90 min ▲ This class is a regular flow class with a 15 minute discussion on bandha's (locks). What they are and why they are important in your practice.</p>



# September Fitness continued 2010





Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>19</b></p> <p><b>3:30-4:30 pm—PowerCut-Johna K+</b></p> <p>3:30-Yoga-Carol-75 min-▲</p>	<p><b>20</b></p> <p>5:45 am-PowerCut-JohnaK+ 8:30 am-Yoga-Brianna▲ 8:30am-PowerCut-David D+ 9:30am-RXFitness-Balette▲ 9:30-CardioPump-Jeanna+ 10:00-Weights/Abs-Jeanna+ 10:30-Low Aerobics-Balette+ 5:30 pm-Line Dancing-Isabel+ <b>6:30 pm-Yoga-Jane ▲</b> 6:30 pm-Step-Amy + <b>7:30-Boot Camp-Johna K+</b></p> <p><b>Check out Boot Camp On Monday nights with Johna Kite!!</b></p>	<p><b>21</b></p> <p>5:45 am-Core Form-Janie▲ 8:15am-Pilates-Janie▲ <b>8:30-TurboKick-Aimee+</b> <b>9:30-YogaWallace+</b> 9:30 am-Stretch-Balette▲ 10:30 am-Low Step-Balette+ <b>12:10-Zumba-Stephanie+</b> 5:30 pm-Yoga-Susanna+ 6:30-Step-Amy+ 7:30 pm-PowerCut-Nancy+</p>	<p><b>22</b></p> <p>5:45am-PowerCut-Johna K+ 8:30am-Yoga-Carol▲ <b>8:30 am-PowerCut-Jeanna+</b> <b>9:30 am-Step-Johna D+</b> 9:30 amRX Fitness-Balette▲ 10:30 -Low Aerobics-Balette+ 12:10-Gentle Yoga-Balette▲ 5:30 pm-Boot Camp-Mark+ 6:30 pm-TurboKick-Aimee+ 6:30 pm-Yoga-Donna▲</p>	<p><b>23</b></p> <p>5:45 am-Core Form-Janie▲ <b>No Pilates today</b> 9:30 amDeepStretchBalette▲ 9:30-CardioPump-JohnnaD+ 10:00-Weights/Abs-Johnna 10:30 am-Low Step-Balette+ <b>10:30-SeniorsYoga-Carol▲</b> <b>12:10-Yoga-Wallace▲</b> 4:30 pm-Yoga-Jane+ <b>5:30-Zumba-Sarah+</b> <b>6:30 pm-Pilates-Devon▲</b> 6:30 pm-Butts, Guts, Thighs-Johna+ 7:30 pm-PowerCut-Nancy+</p>	<p><b>24</b></p> <p>5:45 am-PowerCut-Jeanna+ 8:30 am-Yoga-Brianna▲ 8:30 am-PowerCut-David + 9:30 am-LineDancingBalette▲ <b>9:30- Pilates-Janie+</b> 10:30 am-RXFitness-Balette▲ 11:30 am-Gentle Stretch-Balette-30 min▲ <b>4:30 Jump, Pump and Spin-Ginny</b></p>	<p><b>25</b></p> <p>9:30 am-Step-Jeanne+</p> <p>10:30-Zumba-Stephanie+</p> <p>9:30-Yoga-Jane-90 min▲ This class will be a regular flow class with a 15 minute discussion of the basic philosophy of yoga. What it is and why it is important to your practice</p>
<p><b>26</b></p> <p><b>3:30-5:30 pm-Kettle Bell-Nancy+</b></p> <p>3:30-Yoga-Brianna 75 min-▲</p>	<p><b>27</b></p> <p>5:45 am-PowerCut-JohnaK+ 8:30 am-Yoga-Ginny▲ 8:30am-PowerCut-David D+ 9:30am-RXFitness-Balette▲ 9:30-CardioPump-Jeanna+ 10:00-Weights/Abs-Jeanna+ 10:30-Low Aerobics-Balette+ 5:30 pm-Line Dancing-Isabel+ <b>6:30 pm-Pilates-Devon▲</b> 6:30 pm-Step-Amy + <b>7:30-Boot Camp-Johna K+</b></p>	<p><b>28</b></p> <p>5:45 am-Core Form-Janie▲ 8:15am-Pilates-Kim▲ <b>9:30-Turbokick-Aimee+</b> <b>9:30-Yoga-Wallace+</b> 9:30 am-Stretch-Balette▲ 10:30 am-Low Step-Balette+ <b>12:10-Zumba-Stephanie+</b> 5:30 pm-Yoga-Susanna+ 6:30 pm-Step-Amy+ 7:30 pm-PowerCut-Nancy+</p> <p><b>CPR Class 6:00 pm-Law Enforcement Center-Please sign up at the front desk</b></p>	<p><b>29</b></p> <p>5:45am-PowerCut-Johna K+ 8:30am-Yoga-Wallace▲ <b>8:30 am-PowerCut-Jeanna+</b> <b>9:30 am-Step-Johnna D+</b> 9:30 amRX Fitness-Balette▲ 10:30 -Low Aerobics-Balette+ 12:10-Gentle Yoga-Balette▲ 5:30 pm-Boot Camp-Mark+ 6:30 pm-TurboKick-Aimee+ 6:30 pm-Yoga-Donna▲</p>	<p><b>30</b></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+ <b>10:30-SeniorsYoga-Carol▲</b> <b>12:10-Yoga-Wallace▲</b> 4:30 pm-Yoga-Jane+ <b>5:30-Zumba-Sarah+</b> <b>6:30 pm-Pilates-Devon▲</b> 6:30 pm-Butts, Guts, Thighs-Johna+ <b>7:30 pm-KettleBells-Nancy+</b></p>		
						<p>▲-Gymnastics Room + -Multi-Purpose Room</p> <p>Please note that class times are 55 minutes unless otherwise noted.</p>



# September 2010 Cycling



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Spin is back on Sundays!! 	<b>NEW! CORE SPIN</b> 	with Ginny!  Monday mornings at 9:30 a.m. Spin and work your core!	<b>1</b> 12:10-12:50-Patch 6:00 pm-Ginny	<b>2</b> 5:45 am-Paul 12:10-12:50-Paul 6:30 pm-Frank	<b>3 YAHOO!!</b> <b>SHE'S BACK!</b> 4:30 pm-75 min Jump, Pump and Spin-Ginny	<b>4</b> <b>9:00 am-Patch</b>
<b>5</b>  NO Classes today YMCA Open	<b>6</b> <b>Have a happy and safe Labor Day!</b> <b>YMCA Closed</b>	<b>7</b>  5:45 am-Johna K 12:10-12:50-Paul 6:15 pm-Frank	<b>8</b> 12:10-12:50-Patch 6:00 pm-Ginny	<b>9</b> 5:45 am-Paul 12:10-12:50-Paul 6:30 pm-Frank	<b>10</b> 4:30 pm-75 min Jump, Pump and Spin-Ginny	<b>11</b>  <b>9:00 am- Sarah</b>
<b>12</b>  3:30-4:30-Patch	<b>13</b> <b>9:30 am-Core Spin- Ginny</b>  <b>6:00 pm-Ginny</b>	<b>14</b> 5:45 am-Paul 12:10-12:50-Paul 6:15 pm-Frank	<b>15</b> 12:10-12:50-Patch 6:00 pm-Ginny	<b>16</b> 5:45 am-Paul 12:10-12:50-Paul 6:30 pm- Frank	<b>17</b> 4:30 pm-75 min Jump, Pump and Spin-Ginny	<b>18</b>  <b>9:00 am-Sarah</b>
<b>19</b>  3:30-4:30-Sarah	<b>20</b> <b>9:30 am-Core Spin-Ginny</b>	<b>21</b> 5:45 am-Johna K 12:10-12:50-Paul 6:15 pm-Frank	<b>22</b> 12:10-12:50-Patch <b>6:00 pm-Ginny</b>	<b>23</b> 5:45 am-Paul 12:10-12:50-Paul 6:30 pm-Frank	<b>24</b> 4:30 pm-75 min Jump, Pump and Spin-Ginny	<b>25</b> 9:00 am-Frank 10:15 am-Beginner Cycling-Patch
<b>26</b> 3:30-4:30-Sarah	<b>27</b> <b>9:30 am-Core Spin-Ginny</b>	<b>28</b> 5:45 am-Paul 12:10-12:50-Paul 6:15 pm-Frank	<b>29</b> 12:10-12:50-Patch <b>6:00 pm-Ginny</b>	<b>30</b> 5:45 am-Paul 12:10-12:50-Paul 6:30 pm-Frank		