



FALL 2020 HOPE MILLS GROUP FITNESS SCHEDULE

Updated ao 8.30.20

Maximum Class Capacity: 12 max/ 6ft apart
Livestream Meeting ID: 566 432 4533 / SandhillsY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 AM		Fayetteville Branch Aqua Fit		Fayetteville Branch Aqua Fit		
	Zumba® (Eric)	Livestream Piloxing® (Alyssa)	Zumba® (Devin)	Livestream Strong™ (Shiori)	Livestream Zumba® (Rebekah)	Zumba® (Amy/Sarah)
5:30 PM	Zumba® (Erika)	Step & Box (Anna)	Zumba® (Erika)	Strength & Core (Anna)		
6:30 PM	Livestream Zumba® (Amy)					
	Yoga (Gam)	Strength & Core (Anna)	Yoga (Amy)	Pound® (Erika)		



FB: SANDHILLS YMCA

Our Mission is to Put Christian Principles into Practice Through Programs that Build Healthy Spirit, Mind & Body for ALL

Fayetteville Branch Hours

Monday - Friday 5:30 am - 8:00 pm
Saturday 8:00 am - 12:00 pm
Sunday CLOSED

2717 Fort Bragg Rd
Fayetteville, NC 28303
P: (910) 426-9622, Opt 1

Hope Mills Branch Hours

Monday - Friday 5:30 am - 8:00 pm
Saturday 8:00 am - 12:00 pm
Sunday CLOSED

3910 Ellison St Ste D
Hope Mills, NC 28348
P (910) 426-9622, Option 2

Saleeby Branch Hours

Monday - Friday 5:30 am - 8:00 pm
Saturday 8:00 am - 12:00 pm
(Family Pool Time 12-4PM. RSVP is required.)
Sunday CLOSED

107 Carletta Cagle Dr
Cameron NC 28326
P (910) 426-9622, Option 4