



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Healthy Living and Wellness Group Fitness Schedule February 2017

Fayetteville Branch
2717 Ft. Bragg Rd. Fayetteville, NC 28303

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:30 AM 30/30 Fitness Challenge Wendy Studio 1	8:30 AM Silver Sneakers Karen Studio 2	6:30 AM 30/30 Fitness Challenge Wendy Studio 1		Studio 1: Downstairs
8:30 AM Silver Sneakers Karen Studio 2	8:30 AM Chair Yoga Sally Studio 2	9:00 AM Warrior Wellness Wendy Studio 1	8:30 AM Chair Yoga Sally Studio 2	8:30 AM Silver Sneakers Karen Studio 2	9:00 AM Cycling Studio 1
9:45 AM Silver Sneakers Karen Studio 2	10:00 AM ZUMBA Doris Studio 2	9:45 AM Silver Sneakers Karen Studio 2	10:00 AM ZUMBA Doris Studio 2	9:45 AM Silver Sneakers Karen Studio 2	10:00 AM ZUMBA Jalamair Studio 2
11:00 AM Silver Sneakers Sally Studio 2		11:00 AM Silver Sneakers Sally Studio 2		11:00 AM Silver Sneakers Sally Studio 2	Studio 2: Upstairs
	1:00 PM Mommy Fit Wendy Studio 1		1:00 PM Mommy Fit Wendy Studio 1		<p>** Karate Cubs and Karate Kids are a new monthly Martial Arts Program for kids ages 3- 16. Registration is \$29/month for Family Value Members.</p>
5:30 PM Yoga Sally Studio 1	4:30 PM Cycling Karen Studio 1	5:30 PM Yoga Sally Studio 1	4:30 PM Cycling Karen Studio 1	5:30 PM Yoga Sally Studio 1	
5:30 PM Body Pump Jess Studio 2	5:30 PM PIYO Candice Studio 2	5:30 PM Body Pump Jess Studio 2	5:30 PM PIYO Candice Studio 2	5:30 PM Step Aerobics Tracy Studio 2	
6:30 PM 30/30 Fitness Challenge Sydney Studio 1	5:40 PM Karate Cubs • 6:30 PM Karate Kids • Kelley Studio 1	6:30 PM 30/30 Fitness Challenge Sydney Studio 1	5:40 PM Karate Cubs • 6:30 PM Karate Kids • Kelley Studio 1		
6:30 PM ZUMBA Tanisha Studio 2	6:30 PM ZUMBA Jalamair Studio 2	6:30 PM ZUMBA Leasia Studio 2	6:30 PM ZUMBA Erika Studio 2		

30/30 Fitness Challenge – 30 minutes of cycling, 30 minutes of core conditioning for 10 weeks.

Body Pump– A high intensity total body workout, incorporating light to moderate weights.

Cycling – A low impact, hard burn, cardio class.

Mommy Fit – For the HSPE parent; Cardio on Tuesday, low impact mat workout on Thursday.

PIYO – A mixture of Pilates and Yoga to a cardio beat.

Step Aerobics – High impact aerobics class utilizing the Step.

Yoga – Increase strength, flexibility, balance and breath work.

Warrior Wellness – A group fitness class for those battling life's wounds and injuries.

Zumba – Exhilarating, effective and easy-to-follow, Latin inspired dance fitness party!