



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# January 2021 FAYETTEVILLE MODIFIED GROUP FITNESS SCHEDULE

Effective as of 01/01/21

**Mask is required and 6-feet distance.**  
**Online GEX Schedule - <https://apps.daxko.com/SLpfqDV9HU>**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 AM		Aqua Fit		Aqua Fit		
		Livestream 9:30 AM Piloxing® Barre				9:00 AM Strong Nation™ (Gym)
10:00 AM			Livestream 10:30 AM Yoga Sculpt			Livestream 10:00 AM Zumba®
6:15 PM		Cycle & Core (New)		Cycle & Core (New)	<b>UPDATES:</b> New Classes on Tue & Thu - Cycle & Core	
6:30 PM	Zumba® (Gym)		Zumba® (Gym)			



**TOGETHER WE CAN  
BUILD A BETTER US**

When you donate to the Y, you're supporting programs and services that help strengthen your community. Give for a better us.

The Y. For a better us.™

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

<b>Fayetteville Branch</b> 2717 Fort Bragg Rd Fayetteville, NC 28303 P: (910) 426-9622, Option 1	<b>Hope Mills</b> 3910 Ellison St Ste D Hope Mills, NC 28348 P: (910) 426-9622, Option 2	<b>Saleeby Family</b> 107 Carletta Cagle Dr Cameron, NC 28326 P: (910) 426-9622, Option 4	<b>New Branch Hours (as of Jan 9, 2021)</b> Monday - Friday 5:30 am - 8:00 pm Saturday 8:00 am - 2:00 pm Sunday 1:00 pm - 5:00 pm
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