



January 2021 HOPE MILLS 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
8:30 - 9:15 AM	Barre Sculpt (new)		Barre Sculpt (new)			
9:30 - 10:15 AM	Zumba®	Strong Nation™	Zumba®	Yoga		Zumba®
10:30 - 11:15 AM						Yoga (new)
Livestream & Aqua		Livestream Piloxing® Barre 9:30 AM	Livestream Yoga Sculpt 10:30 AM			Livestream Zumba® 10:00 AM
		Fayetteville Aqua Fit 9:30 AM		Fayetteville Aqua Fit 9:30 AM		
5:30 - 6:15 PM	Zumba®	Cardio Kickboxing	Zumba®	Strength & Core		
6:30 - 7:15 PM	Yoga	Strength & Core	Yoga	Step		



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.™



FB: SANDHILLS YMCA

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

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

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

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

New Branch Hours (as of Jan 9, 2021)
Monday - Friday 5:30 am - 8:00 pm
Saturday 8:00 am - 2:00 pm
Sunday 1:00 pm - 5:00 pm