

MARCH 2019 HOPE MILLS GROUP EXERCISE SCHEDULE

3910 Ellison Street
Hope Mills, NC 28348
Tel (910) 426-9622 Option 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am Body Pump Studio 1	8:30 am SPIN Studio 1	8:30 am Body Pump Studio 1	8:30 am SPIN Studio 1	8:30 am Body Pump Studio 1	9:00 am SPIN Studio 1
9:35 am Zumba Studio 1	8:30 am Rage Circuit Rage Cage	9:35 am Zumba Studio 1	8:30 am Rage Circuit Rage Cage	9:35 am Zumba Studio 1	9:30 am Barre Sculpt Studio 2
9:35 am Barre Sculpt Studio 2	9:35 am Warm Yoga Flow Studio 2	9:35 am Barre Sculpt Studio 2	9:35 am Warm Yoga Flow Studio 2	9:35 am Barre Sculpt Studio 2	10:00 am Body Pump Studio 1
10:35 am Silver Sneakers Studio 1	9:35 am Step HIIT Up Studio 1	10:35 am Silver Sneakers Studio 1	9:35 am Step HIIT Up Studio 1	10:35 am Silver Sneakers Studio 1	10:00 am Dance Fitness Studio 2
5:30 pm Zumba Studio 1	10:35 am Chair Yoga Studio 1	5:30 pm Zumba Studio 1	10:35 am Chair Yoga Studio 1	5:30 pm Yoga Studio 2	
5:30 pm Barre Sculpt Studio 2	5:30 pm Body Pump Studio 1	5:30 pm Barre Sculpt Studio 2	5:30 pm Body Pump Studio 1	6:30 pm Zumba Studio 1	
6:30 pm Rage Circuit Rage Cage	6:35 pm SPIN Studio 1	6:30 pm Rage Circuit Rage Cage	6:35 pm Strong by Zumba Studio 1		
6:30 pm Zumba Studio 1	6:35 pm Warm Yoga Flow Studio 2	6:30 pm Zumba Studio 1	6:35 pm Warm Yoga Flow Studio 2		
6:30 pm Yoga Studio 2		6:30 pm Yoga Studio 2			



It's Time to Get Your **GREEN** On and Celebrate the Luck of the Irish! We'll Be Shaking Our Shamrocks at 6:30 pm Fri March 15th! Light Refreshments Will Be Provided!

FREE for Members,
Only \$5 for Non-Members



INTRO to Kettlebells!
Whether You're New to Kettlebells or Just Need a Refresher This Introductory Class Will Give You the Confidence You Need to Workout Successfully with Kettlebells! Join Jodi at the Rage



IT'S ANOTHER POP UP CLASS!
Back By Popular Demand Cardio Step & Core with Amy Saturday, March 16th at 9 am

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

Branch Hours
Monday - Thursday 5:30 am - 9:00 pm
Friday 5:30 am - 8:00 pm
Saturday 8:00 am - 4:00 pm



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Child Watch Hours
Monday - Saturday 8:00 am - 12:00 pm
Monday - Friday 4:00 pm - 8:00 pm
Sunday Closed