

# APRIL 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	Rage Circuit	Rage Cage	8:30 am	Body Pump	Studio 1	8:30 am	Rage Circuit	Rage Cage	8:30 am	Body Pump	Studio 1	9:00 am	SPIN/Step	Studio 1
9:35 am	Zumba	Studio 1	9:00 am	SPIN	Studio 1	9:35 am	Zumba	Studio 1	9:00 am	SPIN	Studio 1	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	Cardio Kick & Sculpt	Studio 1	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	10:35 am	Chair Yoga	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	5:30 pm	Body Pump	Studio 1	5:30 pm	YIN Yoga	Studio 2			
5:30 pm	Barre Sculpt	Studio 2	5:30 pm	Body Pump	Studio 1	5:30 pm	Barre Sculpt	Studio 2	6:35 pm	Strong by Zumba	Studio 1	6:30 pm	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									

**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**