



SPRING 2020

HOPE MILLS GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am Body Pump Studio 1	8:30 am Circuit at the Cage <small>Rage Cage</small> Studio 1	8:30 am Body Pump Studio 1	8:30 am Circuit at the Cage <small>Rage Cage</small> Studio 1	8:30 am Body Pump Studio 1	9:30 am Zumba Studio 1
9:35 am Barre Sculpt Studio 2	9:00 am Core & More (30) Studio 1	9:35 am Barre Sculpt Studio 2	9:00 am Core & More (30) Studio 1	9:35 am LIFT <small>Rage Cage</small> Studio 1	9:30 am Fat Burner Studio 2
9:35 am Zumba Studio 1	9:35 am Fat Burner Studio 1	9:35 am Zumba Studio 1	9:35 am Fat Burner Studio 1	9:35 am Zumba Studio 1	10:30 am Body Pump Studio 1
10:35 am SILVERSNEAKERS Studio 1	9:35 am Warm Yoga Flow Studio 2	10:35 am Butts & Guts Studio 2	9:35 am Warm Yoga Flow Studio 2	10:35 am SILVERSNEAKERS Studio 1	10:30 am Warm Yoga Flow Studio 2
5:30 pm Zumba Studio 1	10:40 am Chair Yoga Studio 1	10:35 am SILVERSNEAKERS Studio 1	10:40 am Chair Yoga Studio 1	5:30 pm YIN YOGA Studio 2	
6:30 pm Zumba Studio 1	5:30 pm Warm Barre Studio 2	5:30 pm Zumba Studio 1	5:30 pm Barre Strong Studio 2	6:30 pm Zumba Studio 1	
6:35 pm Yoga Studio 2	5:30 pm Body Pump Studio 1	5:30 pm POUND Studio 1	6:35 pm STRONG by Zumba Studio 1		
	6:35 pm Cardio Step Studio 1	6:35 pm Yoga Studio 2	6:35 pm Warm Yoga Flow Studio 2		
	6:35 pm Warm Yoga Flow Studio 2				

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.™

PLEASE NOTE:
Class Schedule is Subject to Change due to Holiday Hours, Inclement Weather & Instructor Availability. Please Contact the Hope Mills Branch to Get a Copy of Our Current, Detailed Monthly Schedule.

PARENTS NIGHT OUT FOR YOU
DATE NIGHT FOR THEM
GREAT NIGHT

THE FUN HAPPENS MONTHLY!

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
Sunday 1:00 pm - 5:00 pm

Like Us On Facebook
FB: SANDHILLS YMCA

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