



HOPE MILLS GROUP EXERCISE SCHEDULE

MAY - AUGUST 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am Body Pump 9:35 am Pilates 9:35 am KidsFIT * Coming June 12th 9:35 am Zumba 10:35 am SILVERSNEAKERS	8:30 am Rage Circuit 8:30 am Cardio Kick & Sculpt 9:35 am KidsFIT * Coming June 12th 9:35 am Fat BURner 9:35 am Warm Yoga Flow 10:35 am Chair Yoga	8:30 am Body Pump 9:35 am Pilates 9:35 am KidsFIT * Coming June 12th 9:35 am Zumba 10:35 am SILVERSNEAKERS	8:30 am Rage Circuit 8:30 am Cardio Kick & Sculpt 9:35 am KidsFIT * Coming June 12th 9:35 am Fat BURner 9:35 am Warm Yoga Flow 10:35 am Chair Yoga	8:30 am Body Pump 9:35 am Pilates 9:35 am KidsFIT * Coming June 12th 9:35 am Zumba 10:35 am SILVERSNEAKERS	9:30 am Body Pump 9:30 am Yoga 10:35 am Zumba 10:35 am Pilates
5:30 pm Insanity 5:30 pm Zumba 5:30 pm KidsFIT 6:30 pm Zumba 6:30 pm KidsFIT 6:30 pm Yoga 6:30 pm Rage Circuit	5:30 pm Body Pump 5:30 pm Warm Pilates 6:35 pm Indoor Cycling 6:35 pm KidsFIT 6:35 pm Warm Yoga Flow	5:30 pm Insanity 5:30 pm Zumba 5:30 pm KidsFIT 6:30 pm Zumba 6:30 pm KidsFIT 6:30 pm Yoga 6:30 pm Rage Circuit	5:30 pm Body Pump 5:30 pm Warm Pilates 6:35 pm Indoor Cycling 6:35 pm KidsFIT 6:35 pm Warm Yoga Flow	5:30 pm Barre Sculpt 5:30 pm Yoga 6:30 pm Zumba	

ZUMBA
ZUMBA MASTER CLASS & COSTUME PARTY
 with ZIN & Piloxing Master
 Trainer Koni Peredeau
 Friday May 12th at 6:30 pm
 Tickets are \$10 - Space is Limited



THE COLOR RUN is coming to Fayetteville Saturday May 27th!

The YMCA is looking for VOLUNTEERS at this COLORFUL event! Ask our Front Desk Staff Today how you can help!

NEW KIDSFIT CLASS COMING FOR SUMMER!

Keep your children active and fit this Summer with our KidsFit classes. KidsFit is coming to weekdays Monday - Friday at 9:35 am. These classes start June 12th and will run through the Summer.

Please be on time as space is limited.

