



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NORTH BRANCH GROUP EXERCISE SCHEDULE JANUARY 2019

3725 Ramsey St.
Ste 103B,
Northgate Plaza
Fayetteville, NC 28311

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
8:30 am	BODY PUMP	Adrienne	8:30 am	PILOXING BARRE	Jenya	8:30 am	BODY PUMP	Adrienne	8:30 am	PILOXING BARRE	Jenya	8:30 am	BODY PUMP	Jenya	9:00 am	ZUMBA	Aja
8:30 am	TRX	Branda	9:30 am	CARDIO & STRENGTH <small>*new class</small>	Jenya	9:30 am	ZUMBA	Doris	9:30 am	CARDIO & STRENGTH <small>*new class</small>	Jenya	8:30 am	TRX	Branda	9:30 am	CYCLING	Rotating
9:30 am	ZUMBA	Doris	9:30 am	SILVERSNEAKERS	Rosanna	9:30 am	IRON OBSESSION <small>*new class starts 1/7</small>	Tazz	9:30 am	SILVERSNEAKERS	Rosanna	9:30 am	ZUMBA	Jenya	10:00 am	BODY PUMP	Nancy
9:30 am	IRON OBSESSION <small>*new class starts 1/7</small>	Tazz	9:30 am	CYCLING	Kathy	10:30 am	YOGA	Sharyn	9:30 am	CYCLING	Stacey	10:30 am	YOGA	Susa	11:00 am	STRONG BY ZUMBA	Kristen
10:30 am	YOGA	Susa	10:30 am	PILATES	Michelle	5:30 pm	ZUMBA	Bev	10:30 am	PILATES	Michelle	5:30 pm	ZUMBA	Bev			
4:30 pm	YOGA	Teresa	5:30 pm	BODY COMBAT	Nancy	5:30 pm	YOGA <small>*new class</small>	Sharyn	5:30 pm	BODY PUMP	Anna						
5:30 pm	ZUMBA	Bev/ Brent	5:30 pm	YOGA <small>*new class</small>	Emilie	6:30 pm	HIIT EXPRESS <small>(30 min class)</small>	Rotating	5:30 pm	YOGA	David						
5:30 pm	CYCLING	Anna	6:30 pm	ZUMBA STEP	Erika	6:30 pm	PILATES SUSPENSION	Tiffany	6:30 pm	ZUMBA	Doris						
6:30 pm	BODY PUMP	Anna							6:30 pm	CYCLING <small>*new class</small>	Anna						

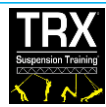
YOUTH AGE REQUIREMENTS:
RED = Grades K-5, **BLUE** = 9 years of age and up, **BLACK** = 12 years of age and up
____ = Sign-Up required
*Instructors are subject to change

BodyPump 108 Launch Glow Party

SATURDAY JAN 5th * 10 AM - 11 AM
Free for YMCA members * \$5 for non-members

90 Minute Zumba

FRIDAY JAN 18th * 5:30 PM - 7:00 PM
Free for YMCA members * \$5 for non-members



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

Branch Hours
Monday - Friday 8:00 am - 8:00 pm
Saturday 8:00 am - 2:00 pm
Sunday 24 Hour Access Only



Download the YMCA of the Sandhills free mobile app from your app store for up-to-date class schedules and facility notifications.

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

