



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NORTH BRANCH GROUP EXERCISE SCHEDULE MARCH 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	HIIT STEP <i>*new 30 min class</i>	Jenya	8:30 am	BODY PUMP	Adrienne	8:30 am	HIIT STEP <i>*new 30 min class</i>	Jenya	8:30 am	BODY PUMP	Jenya	9:00 am	ZUMBA	Aja
9:30 am	ZUMBA	Doris	8:30 am	TRX	Branda	9:30 am	ZUMBA	Doris	8:30 am	TRX	Branda	9:30 am	ZUMBA	Jenya	9:30 am	CYCLING	Rotating
9:30 am	IRON OBSESSION	Tazz	9:00 am	BARRE EXPRESS <i>*new 30 min class</i>	Jenya	9:30 am	IRON OBSESSION	Tazz	9:00 am	BARRE EXPRESS <i>*new 30 min class</i>	Jenya	10:30 am	IRON OBSESSION	Tazz	10:00 am	CARDIO & STRENGTH	Tiffany D.
10:30 am	YOGA	Jackie	9:30 am	CARDIO & STRENGTH	Jenya	10:30 am	YOGA	Sharyn	9:30 am	CARDIO & STRENGTH	Jenya	10:30 am	YOGA	Susa	11:00 am	STRONG BY ZUMBA	Kristen
5:30 pm	ZUMBA	Bev/ Brent	9:30 am	SILVERSNEAKERS	Rosanna	5:30 pm	ZUMBA	Bev	9:30 am	SILVERSNEAKERS	Rosanna	5:30 pm	ZUMBA	Bev			
5:30 pm	CYCLING	Anna	9:30 am	CYCLING	Kathy	6:30 pm	HIIT EXPRESS <i>*30 min class</i>	Tiffany D.	9:30 am	CYCLING	Stacey						
6:30 pm	BODY PUMP	Anna	10:30 am	PILATES	Michelle				10:30 am	PILATES	Michelle						
			5:30 pm	BODY COMBAT	Nancy				5:30 pm	BODY PUMP	Anna						
			5:30 pm	YOGA	Emilie				5:30 pm	YOGA	David						
			6:30 pm	ZUMBA STEP	Erika				6:30 pm	ZUMBA	Doris						
									6:30 pm	CYCLING	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



TRX Basics
FRIDAY MAR 8TH 10:00 AM - 10:30 AM
* Free for members, Sign up at the front desk



90 Minute Zumba
FRIDAY MAR 15th * 5:30 PM - 7:00 PM
MONDAY MAR 25th * 9:30 AM - 11 AM
* 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

