



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NORTH BRANCH GROUP EXERCISE SCHEDULE NOVEMBER 2018

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	CIRCUIT POWER HOUR	Jenya	9:30 am	ZUMBA	Doris	9:30 am	CIRCUIT POWER HOUR	Jenya	8:30 am	TRX	Branda	10:00 am	BODY PUMP	Nancy
9:30 am	ZUMBA	Doris	9:30 am	SILVERSNEAKERS	Rosanna	10:30 am	YOGA	Sharyn	9:30 am	SILVERSNEAKERS	Rosanna	9:30 am	ZUMBA	Jenya	10:00 am	CYCLING	Rotating
10:30 am	YOGA	Susa	9:30 am	CYCLING	Kathy	5:30 pm	ZUMBA	Bev	9:30 am	CYCLING	Stacey	10:30 am	YOGA	Sharyn/ Susa	11:00 am	STRONG BY ZUMBA	Kristen
4:30 pm	YOGA	Teresa	10:30 am	PILATES	Michelle	6:30 pm	HIIT EXPRESS (30 min class)	Rotating	10:30 am	PILATES	Michelle	5:30 pm	ZUMBA	Bev			
5:30 pm	ZUMBA	Viranda	5:30 pm	BODY COMBAT	Nancy	6:30 pm	PILATES SUSPENSION *new class	Tiffany	5:30 pm	BODY PUMP	Anna						
5:30 pm	CYCLING	Anna	6:30 pm	ZUMBA STEP	Erika				6:30 pm	ZUMBA	Doris						
6:30 pm	BODY PUMP	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



ACE Challenge (Oct 1-Dec.31st)

It's not too late to participate in our Action Changes Everyone (ACE) challenge. Registered participants who visit the YMCA 30 times between these dates will receive our ACE Challenge moisture wicking t-shirt. Sign up at the front desk.

Burn the Bird Zumba Party

Join us **Friday, November 23rd from 10 AM -12 PM** at our Fayetteville branch on Fort Bragg Rd to burn off that Thanksgiving bird! This Zumba event has instructors from all 3 of our branches for a 2- hour event that feels more like a party than exercise. Free for 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 - 12:00 pm,
4:00 pm - 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