



Group Exercise @ North Branch  
June 1st - June 30th

3725 Ramsey St.  
FAYETTEVILLE, NC 28311  
(910) 426-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>5am</b>	<b>CYCLING</b> 5:30am - 6:20am	<b>TRX</b> 5:30am - 6:20am	<b>CYCLING</b> 5:30am - 6:20am	<b>TRX</b> 5:30am - 6:20am			
<b>8am</b>	<b>BODYPUMP</b> 8:25am - 9:25am	<b>Circuit Power Hour</b> 8:25am - 9:25am	<b>BODYPUMP</b> 8:25am - 9:25am	<b>Circuit Power Hour</b> 8:25am - 9:25am	<b>BODYPUMP</b> 8:25am - 9:25am		
	<b>TABATA</b> 8:30am - 9:30am		<b>TABATA</b> 8:30am - 9:30am				
<b>9am</b>	<b>YOGA</b> 9:30am - 10:30am	<b>BODYATTACK</b> 9:25am - 10:25am	<b>YOGA</b> 9:30am - 10:30am	<b>BODYATTACK</b> 9:25am - 10:25am	<b>ZUMBA</b> 9:30am - 10:30am	<b>ZUMBA</b> 9am - 10am	
	<b>TRX</b> 9:30am - 10:30am	<b>SILVER SNEAKERS</b> 9:30am - 10:30am	<b>TRX</b> 9:30am - 10:30am	<b>SILVER SNEAKERS</b> 9:30am - 10:30am	<b>TRX</b> 9:30am - 10:30am	<b>TRX</b> 9am - 10am	
		<b>CYCLING</b> 9:30am - 10:30am		<b>CYCLING</b> 9:30am - 10:30am			
<b>10am</b>	<b>ZUMBA</b> 10:30am - 11:30am	<b>YOGA</b> 10:30am - 11:30am	<b>ZUMBA</b> 10:30am - 11:30am	<b>YOGA</b> 10:30am - 11:30am		<b>CYCLING</b> 10am - 11am	
						<b>Circuit Power Hour</b> 10am - 11am	
<b>4pm</b>	<b>YOGA</b> 4:30pm - 5:30pm	<b>BODYPUMP</b> 4:30pm - 5:30pm	<b>BUTTS &amp; GUTS</b> 4:30pm - 5:30pm	<b>BODYPUMP</b> 4:30pm - 5:30pm			
<b>5pm</b>	<b>ZUMBA</b> 5:30pm - 6:30pm	<b>TURBOKICK</b> 5:30pm - 6:30pm	<b>ZUMBA</b> 5:30pm - 6:30pm	<b>TURBOKICK</b> 5:30pm - 6:30pm	<b>ZUMBA</b> 5:30pm - 6:30pm		
<b>6pm</b>	<b>CYCLING</b> 6:30pm - 7:30pm	<b>TRX</b> 6pm - 7pm	<b>CYCLING</b> 6:30pm - 7:30pm	<b>TRX</b> 6pm - 7pm			
	<b>BODYPUMP</b> 6:30pm - 7:30pm	<b>ZUMBA</b> 6:30pm - 7:30pm	<b>BODYPUMP</b> 6:30pm - 7:30pm	<b>ZUMBA</b> 6:30pm - 7:30pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.