

# FAYETTEVILLE BRANCH

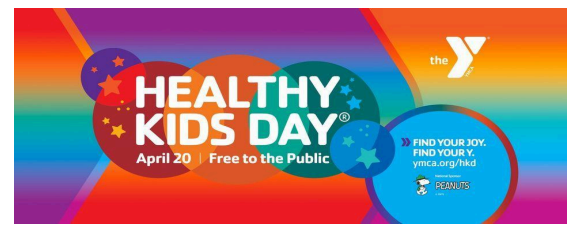
## April 2024 Group Fitness Schedule

2717 Fort Bragg Blvd. Fayetteville

(910) 426-9622 Ext 1

Hours: Mon-Fri: 6:00AM - 8:00PM | Sat: 8:00AM - 2:00PM | Sun: Closed

Childcare: **M, W, F** - 8:30AM-11:30AM | **M-F**: 4:00PM - 8:00PM



**FITNESS GUIDELINES:** Schedule is subject to change and classes may be canceled due to low interest. For your safety, please arrive 5-10 minutes prior to the scheduled class time. For class updates and events, login to your member Daxko Mobile App or visit [ymcaofthesandills.org/Wellness](http://ymcaofthesandills.org/Wellness)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM		Aqua Fit 8:00-8:45		Aqua Fit 8:00-8:45		
9:00 AM	Zumba® 9:00-9:45	Active Together 9:00-9:45 <b>*GYM</b>	Zumba® 9:00-9:45	Active Together 9:00-9:45 <b>*GYM</b>	Zumba® 9:00-9:45	Strong® 9:00-9:45
10:00 AM	Chair Yoga 10:00-10:45	Chair Yoga 10:00-10:45	Yoga & Strength 10:00-10:45	Chair Yoga 10:00-10:45	Gentle Yoga 10:00-10:45	Zumba® 10:00-10:45
			Line Dancing 10:00-11:00 <b>*GYM</b>		Line Dancing 10:00-11:00 <b>*GYM</b> <b>No Class 4/15</b>	Healthy Kids Day
			Aqua Fit 10:00-10:45			April 20th 10am-2pm*
11:00 AM	Beginners Line Dancing 11:00-12:00 <b>*GYM</b>			Gentle Yoga 11:00-11:45		Line Dancing 11:00-12:00
	Active Together 11:15-12:00 <b>*Upstairs</b>	Active Together 11:15-12:00 <b>*Upstairs</b>			Active Together 11:15-12:00 <b>*Upstairs</b>	<b>*No Group Classes 04/20</b>
5:30 PM	Zumba® 5:30-6:15	Zumba® 5:30-6:15	Zumba® 5:30-6:15	Zumba® 5:30-6:15		
6:30 PM	Yoga 6:30-7:15	Yoga Core Fusion 6:30-7:15	Strength Circuit 6:30-7:15	Line Dancing 6:30-7:30		

**ACTIVE TOGETHER:** This class is everything you need from low-impact cardio to easy-to-follow strength training and balance. Chair is optional. Great for healthy-aging, deconditioned or beginners.

**AQUA FIT:** Experience a tidal wave of energy and excitement in the pool while improving your cardio fitness utilizing the resistance of water!

**ZUMBA®:** Dance-fitness program that involves cardio and Latin-World inspired dance. Get fit, stay fit and burn calories while having fun.

**LINE DANCING:** Dance-fitness class that includes easy-to-learn repeating choreographed steps set to a variety of toe-tapping music genres.

**CHAIR YOGA/GENTLE YOGA/STRENGTH:** Find mobility in a way that is gentle, supportive and beneficial. Great Yoga For Healthy Aging!

**YOGA CORE FUSION:** The perfect blend of mindful stretching, strength training and core through controlled yoga poses and movements.

**STRENGTH CIRCUIT** Increase your overall fitness through a fun workout that involves rotating through various exercise stations.

<p><b>AOA Coffee &amp; Game Day</b> Monday-04/01 @ 10:00AM <b>*Members Lounge</b></p>	<p><b>AOA Wednesday Lunch Out</b> Wednesday- 04/24 @ 12:00PM <b>@ Hudson Bay Seafood</b> 2816 Ramsey St</p>	<p><b>AOA BINGO</b> Friday-04/19 @ 11:30AM Check-In <b>*GYM</b></p>
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