

FAYETTEVILLE BRANCH


July 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
NEW HOURS Childcare: **M- F** - 8:00AM-12:00PM & 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 ymcaofthesandhills.org/Wellness

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|------------------------------------------------------|----------------------------------------------------|--------------------------------------------|------------------------------------------------------------------------------------|----------------------------------------------------|-----------------------------|
| 8:00 AM | | Aqua Fit 8:00-8:45 | | 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 *GYM | Zumba® 9:00-9:45 | Active Together 9:00-9:45 *GYM | Zumba® 9:00-9:45 | Strong® 9:00-9:45 |
| 10:00AM | 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 |
| | Beginners Pickleball 10:00-10:45 *GYM | | Line Dancing 10:00-11:00 *GYM |  | Line Dancing 10:00-11:00 *GYM | |
| | | | Aqua Fit 10:00-10:45 | | | |
| 11:00AM | Beginners Line Dancing 11:00-12:00 *GYM | | | Gentle Yoga 11:00-11:45 | | Line Dancing 11:00-12:00 |
| | Active Together 11:15-12:00 *Upstairs | Active Together 11:15-12:00 *Upstairs | | | Active Together 11:15-12:00 *Upstairs | |
| 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: Low-impact cardio & easy-to-follow strength training and balance. Chair is optional. Great for healthy-aging 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.
STRONG®: A full body, high intensity cardio workout that uses plyometrics-and bodyweight. Each movement is set to the beat of the music.
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.

| | | |
|---------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| AOA Cell Phone Tech Class Friday-July 19th 10:00am-11:30am *Members Lounge | SANDHILLS YMCA CLOSED THURSDAY JULY 4TH in Observance of Independence Day | Teen "Get Summer" Membership Pick up your July Event Schedule made just for you! |
|---------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|