

FAYETTEVILLE BRANCH

October 2025 Group Fitness Schedule

2717 Fort Bragg Rd. Fayetteville

(910) 426-9622 Ext. 1

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

Child Watch: W & F: 8:00AM-12:00PM | M, T, W & Th: 4:00PM - 8:00PM

Pool Hours: Mon-Fri: 6:00AM-12:00PM & 2:00PM-7:45PM | Sat: 8:00 AM- 1:45 PM



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		
9:00 AM	Zumba® 9:00-9:45 *GYM	Active Together 9:00-9:45 *GYM	Zumba® 9:00-9:45 *GYM	Active Together 9:00-9:45 *GYM	Zumba® 9:00-9:45 *GYM	Strong® 9:00-9:45 *No Class 10/4
10:00AM	Chair Yoga 10:00-10:45	Chair Yoga 10:00-10:45	Chair Yoga 10:00-10:45	Chair Yoga 10:00-10:45	Gentle Yoga 10:00-10:45	Zumba® 10:00-10:45 *No Class 10/4
	Beginners Pickleball 10:00-11:00 *GYM		Line Dancing 10:00-11:00 *GYM		Line Dancing 10:00-11:00 *GYM	
11:00AM	Beginners Line Dancing 11:00-12:00 *GYM	Yin Yoga 11:00-11:45	Beginners Pickleball 11:00-1:00* *GYM	Gentle Yoga 11:00-11:45	Beginners Pickleball 11:00-1:00* *GYM	Line Dancing 11:00-12:00
11:15AM & 12:00PM	Active Together 11:15-12:00 *Upstairs		Active Together 11:15-12:00 *Upstairs		Active Together 11:15-12:00 *Upstairs	Beginners Pickleball 12:00-12:45 *GYM
5:30 PM	Zumba® 5:30-6:15	Zumba® 5:30-6:15 *No Class 10/7	Zumba® 5:30-6:15		EXERCISE LEARN & PLAY AFTER THE SCHOOL DAY	
6:30 PM		Yoga 6:30-7:15	Strength Circuit 6:30-7:15		Ask us about our After School Care: Serving Cumberland Co. Schools	SAT, OCT 18th 10am- 1pm Games, Candy, Food Trucks & Petting Zoo

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/ GENTLE/ YIN/ STRENGTH/ CORE YOGA: Find mobility in a way that is gentle, supportive & beneficial. All Great For Healthy Aging!

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

BEGINNERS PICKLEBALL A fun paddle sport for all ages that combines elements of tennis, badminton, and ping-pong

AOA Changes in Medicare Member Lounge Fri, Oct 3rd 10am	AOA Better Health Free Screenings Member Lounge Mon, Oct 6th 9-11am	AOA SENIOR DAY Free Community Event GYM Wed, Oct 15th 10am-12pm Vendors & Prizes	AOA Tech Time Member Lounge Fri, Oct 17th 10am	AOA Lunch Out @ Cheddars 225 N Mcpherson Church Rd Wed, Oct 22nd Noon
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