

# FAYETTEVILLE BRANCH

## September 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](http://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 <b>*No Class 9/11</b>		
9:00 AM	Zumba® 9:00-9:45 <b>*GYM</b>	Active Together 9:00-9:45 <b>*GYM</b>	Zumba® 9:00-9:45 <b>*GYM</b>	Active Together 9:00-9:45 <b>*GYM</b>	Zumba® 9:00-9:45 <b>*GYM</b>	Strong® 9:00-9:45
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
	Beginners Pickleball 10:00-10:45 <b>*GYM</b>		Line Dancing 10:00-11:00 <b>*GYM</b>		Line Dancing 10:00-11:00 <b>*GYM</b>	
11:00AM	Beginners Line Dancing 11:00-11:45 <b>*GYM</b>	Yin Yoga 11:00-11:45	Beginners Pickleball 11:00-11:45 <b>*GYM</b>	Gentle Yoga 11:00-11:45	Beginners Pickleball 11:00-11:45 <b>*GYM</b>	Line Dancing 11:00-12:00 <b>*GYM</b>
11:15AM & 12:00PM	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>	Beginners Pickleball 12:00-12:45 <b>*GYM</b>
5:30 PM	Zumba® 5:30-6:15	Zumba® 5:30-6:15	Zumba® 5:30-6:15			 <b>Labor Day Hours</b> <b>6am-12pm</b> <b>No Classes or Childwatch</b>
6:30 PM		Yoga 6:30-7:15	Strength Circuit 6:30-7:15	Line Dancing 6:30-7:30 <b>*GYM</b>		

**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

<b>AOA Better Health Screening</b> Member Lounge <b>Mon, Sept 8th</b> <b>9am-11am</b>	<b>AOA Tech Time AI for ALL</b> Member Lounge <b>Fri, Sept 19th</b> <b>10am</b>		Join us as we celebrate community, connection and belonging during Welcoming Week. <b>Everyone belongs at the Y.</b>	<b>Ask Us About our:</b> <b>After School Care:</b> <b>"After the Bell Find YOUR Y"</b> <b>Serving Cumberland Co. School Students</b>
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