

FAYETTEVILLE BRANCH

June 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 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	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
			Line Dancing 10:00-11:00 *GYM		Line Dancing 10:00-11:00 *GYM No Class 6/21	
			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 **		**POP-UP Zumba® Step Class
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		Thursday, June 6th @ 5:30PM

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 Coffee & Game Day

Monday - 06/03

@ 10:00AM

*Members Lounge

AOA Wednesday Lunch Out

Wednesday - 06/26

@ 12:00PM

Cheddars

225 N McPherson Church Rd

AOA BINGO

Friday - 06/21

@ 11:30AM Check-In

*GYM