

# FAYETTEVILLE BRANCH

## September 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**- 8:00AM-12:00PM & **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 [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	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
10:00AM	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 <b>*GYM</b>		Line Dancing 10:00-11:00 <b>*GYM</b>		Line Dancing 10:00-11:00 <b>*GYM</b>	
			Aqua Fit 10:00-10:45			
11:00AM	Beginners Line Dancing 11:00-12:00 <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 10:00-10:45 <b>*GYM</b>	Line Dancing 11:00-12:00
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> No class 09/14
5:30 PM	Zumba® 5:30-6:15	Zumba® 5:30-6:15	Zumba® 5:30-6:15	Zumba® 5:30-6:15	<b>LABORDAY</b> Mon 09/02 6am-12pm	<b>AOA LUNCH OUT</b> Wednesday 09/25
6:30 PM	Yoga 6:30-7:15		Strength Circuit 6:30-7:15		No Childcare OR Group Fitness	@ NOON Hudson Bay

**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 YOGA:** Find mobility in a way that is gentle, supportive and beneficial. All Great Yoga 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>SERVING</b> Alma O Eason Vanstory Hill Montclair Berean Baptist	<b>Fayetteville After School Care</b> <b>School Release -6:00pm</b> <b>\$50 Start Up</b> <b>\$252-Non Member \$234-Member</b>	<b>AOA BINGO</b> <b>Friday, September 20th</b> <b>Sign In @ 11:30am</b> <b>*Gym</b>
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