

FAYETTEVILLE BRANCH

October 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

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	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 Core & Strength 10:00-10:45	Chair Yoga 10:00-10:45	Gentle Yoga 10:00-10:45	Zumba® 10:00-10:45 *No class 10/19
	Beginners Pickleball 10:00-10:45 *GYM		Line Dancing 10:00-11:00 *GYM		Line Dancing 10:00-11:00 *GYM	FALL Zumbathon® Hygiene Drive
					NO Pickleball / Line Dancing *10/18 & 19	Sat-10/19 @ 12-1:30pm
11:00AM	Beginners Line Dancing 11:00-12:00 *GYM	Yin Yoga 11:00-11:45	Beginners Pickleball 11:00-11:45 *GYM	Gentle Yoga 11:00-11:45	Beginners Pickleball 11:00-11:45 *GYM	Line Dancing 11:00-12:00 *GYM
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	Zumba® 5:30-6:15	Zumba® 5:30-6:15		AOA LUNCH OUT 10/23 @ 12PM
6:30 PM	Yoga 6:30-7:15		Strength Circuit 6:30-7:15			@ Cheddars 225 N McPherson Church Rd, FAY

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 in Members Lounge Mon, October 7th 9am- Better Health Screening 10am- GAMES & COFFEE	AOA SENIOR EXPO in the GYM! Tuesday, October 8th @ 10am-12pm Non-Members Welcome! Prizes/Giveaways, Massage & Services	AOA BINGO in the GYM! Friday, October 18h Sign In @ 11:30am
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