

# FAYETTEVILLE BRANCH

## March 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 | T & 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		
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 <b>*Party 03/22!</b>
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 <b>*Party 03/22!</b>
	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> No class 03/21	
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 11:00-11:45 <b>*GYM</b> No class 03/21	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	<b>*NEW</b> Zumba®/Step 5:30-6:15	Zumba® 5:30-6:15	Zumba® 5:30-6:15	AOA Lunch Out @ Cheddars	Cardio Party "Shamrock" Madness
6:30 PM	Yoga 6:30-7:15		Strength Circuit 6:30-7:15	<b>*NEW</b> Line Dancing 6:30-7:30 <b>*GYM</b>	225 N McPherson Church Rd Wed, Mar 26th @ NOON	<b>*Saturday,</b> March 22nd @ 9:00-10:30am

**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.  
**ZUMBA®/ZUMBA®Step:** A hybrid Dance-fitness class that combines Zumba routines and step aerobics with Latin dance rhythms.  
**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> Members Lounge Mon, March 3rd 9am-11am	<b>AOA Coffee &amp; Games</b> Members Lounge Mon, March 3rd 10am -11:30am	<b>AOA CarePatrol Senior Care Options</b> Members Lounge Wed, March 12th 10:00am	<b>AOA BINGO</b> Gym Fri, Mar 21st Check-In @ 11:30am	<b>AOA Tech Time</b> Members Lounge Fri, Mar 28th 10:00am
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