FAYETTEVILLE BRANCH

May 2025 Group Fitness Schedule

2717 Fort Bragg Rd. Fayetteville

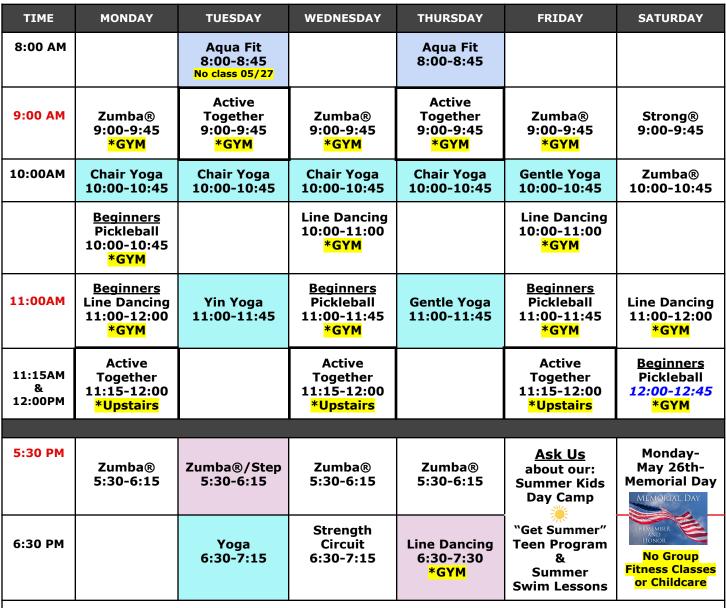
(910) 426-9622 Ext. 1

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



FOR A BETTER US

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

Screening Coffee 8 Members Lounge Membe Mon, May 5th Mon, M	AOA & Games ers Lounge May 5th -11:30am AOA BINGO Gym Fri, May 16th Check-In @ 11:30am	AOA Tech Time Members Lounge Fri, May 23rd 10:00am	AOA Lunch Out @ Kickback Jack's 5081 Morganton Rd Wed, May 28th @ NOON
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