

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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM		Aqua Fit 8:00-8:45 No class 05/27		Aqua Fit 8:00-8:45		
9:00 AM	Zumba® 9:00-9:45 *GYM	Active Together 9:00-9:45 *GYM	Zumba® 9:00-9:45 *GYM	Active Together 9:00-9:45 *GYM	Zumba® 9:00-9:45 *GYM	Strong® 9:00-9:45
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
	Beginners Pickleball 10:00-10:45 *GYM		Line Dancing 10:00-11:00 *GYM		Line Dancing 10:00-11:00 *GYM	
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®/Step 5:30-6:15	Zumba® 5:30-6:15	Zumba® 5:30-6:15	Ask Us about our: Summer Kids Day Camp	Monday-May 26th- Memorial Day
6:30 PM		Yoga 6:30-7:15	Strength Circuit 6:30-7:15	Line Dancing 6:30-7:30 *GYM	"Get Summer" Teen Program & Summer Swim Lessons	MEMORIAL DAY REMEMBER AND HONOR No Group Fitness Classes or Childcare

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

AOA Better Health Screening Members Lounge Mon, May 5th 9am-11am	AOA Coffee & Games Members Lounge Mon, May 5th 10am -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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