

FAYETTEVILLE BRANCH

September Group Fitness Schedule

2717 FORT BRAGG RD
 FAYETTEVILLE, NC 28326
 (910) 426-9622, Option #1



Modified Re-Opening Hours

Mon-Fri: 7:00AM - 12:00PM | 3:00 PM - 8:00 PM
 Sat: 8:00AM-2:00PM

GROUP 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	Zumba® 9:00-9:45	Active Together 9:00-9:45	Zumba® 9:00-9:45	
10:00 AM			Aqua Fit 10:00-10:45	POP-UP Line Dancing Class Event 09/14 ONLY 10:00-10:45		Zumba® 10:00-10:45
5:30 PM	POP-UP Line Dancing Class Event 09/11 ONLY 5:30-6:15		Zumba® 5:30-6:15			
6:30 PM		Zumba® 6:30-7:15		Zumba® 6:30-7:15		

CLASS DESCRIPTION

ACTIVE TOGETHER: This class is everything you need from low-impact cardio to easy-to-follow strength training and balance. You will leave class feeling stronger and confident. Chair is optional. Great for healthy-aging, deconditioned or beginners.

AQUA FIT: Experience a tidal wave of energy and excitement in the pool while improving your cardio fitness levels 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.

LINE DANCING: Dance-fitness class that includes easy-to-learn repeating choreographed steps set to a variety of toe-tapping music genres.

AOA EVENT Bingo Friday, September 15th 12:00 PM - 1:30 PM RSVP REQUESTED	WELLNESS EVENT POP-UP Line Dancing Class Monday, September 11th 5:30 PM - 6:15 PM & Thursday, September 14th 10:00 AM - 10:45 AM	BRANCH EVENT Grand Re-Opening Wednesday, September 6th 7:00 AM - 12:00 PM & 3:00 PM - 8:00 PM
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All Branch Hours: Mon-Thu 5:30am-9:00pm | Fri 5:30am-8:00pm | Sat 8:00am-2:00pm | Sun 1:00pm-5:00pm
Kids Care Hope Mills & Saleeby Hours: Mon-Sat 8:00am-12:00pm | Mon-Thu 4:00pm-8:00pm
 Sandhills YMCA Facebook | ymcaofthesandhills.org