

FAYETTEVILLE BRANCH

November Group Fitness Schedule

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

Modified Hours (Nov 6th-Nov 30th)

Mon-Fri: 6:00AM - 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	Gentle Yoga 10:00-10:45	Chair Yoga 10:00-10:45	Gentle Yoga 10:00-10:45	Chair Yoga 10:00-10:45		Zumba® 10:00-10:45
			Line Dancing 10:00-11:00 *GYM	Line Dancing 10:00-11:00 *GYM		
			Aqua Fit 10:00-10:45	Aqua Yoga 10:15-11:00		
5:30 PM	Zumba® 5:30-6:15	Zumba® 5:30-6:15	Zumba® 5:30-6:15	Zumba® 5:30-6:15		
6:30 PM	Yoga 6:30-7:15		No Group Fitness Classes 11/22 Closes @6pm	CLOSED Thanksgiving Day 11/23	Burn the Bird Event Only 11/24	

ACTIVE TOGETHER: This class is everything you need from low-impact cardio to easy-to-follow strength training and balance. 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.

CHAIR YOGA/GENTLE YOGA: Find mobility in a way that is gentle but also supportive and beneficial. This practice invites awareness and integrity into the body, specifically the line of the spine for better posture. Great Yoga For Healthy Aging!

AQUA YOGA: An Aqua low-impact aquatic exercise, performing yoga poses in water. Aqua Yoga poses help you develop strength, static balance, and greater range of motion with little to no impact on joints.

AOA EVENT

BINGO

Friday, November 17th

11:30 AM - 1:30 PM

RSVP REQUESTED

AOA Lunch Out

Hudson Bay Seafood

Wednesday, November 29th

Noon - RSVP REQUESTED

BRANCH EVENTS

FALL ZUMBATHON CANNED FOOD DRIVE

Saturday, November 4th

12:00pm-1:30pm

Support our local
community while having fun!

BRANCH EVENTS

BURN THE BIRD FITNESS EVENT

Friday, November 24th

9:00am- 11:30am

A variety of fitness classes
united to get you moving!

HM & Saleeby 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