

HOPE MILLS BRANCH

Group Fitness Winter Schedule

January - March 2023

3910 Ellison St Ste D, Hope Mills, NC 28348
(910) 426-9622, Option #2



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 & Events page.

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|--|-------------------------------|--|---------------------------|-------------------------|----------------------|
| 9:30 AM | Chair Yoga 9:30-10:15 | Strong Nation™ 9:30-10:15 | Zumba® 9:30-10:15 | Zumba® 9:30-10:15 | Zumba® 9:30-10:15 | Zumba® 9:30-10:15 |
| | Get Fit 9:30-10:15 (Wellness Area) | | Get Fit 9:30-10:15 (Wellness Area) | | | |
| 10:30 AM | Active Together 10:30-11:15 | Chair Yoga 10:30-11:15 | Active Together 10:30-11:15 | Chair Yoga 10:30-11:15 | Yoga 10:30-11:15 | Yoga 10:30-11:15 |
| 5:30 PM | | Zumba® 5:30-6:15 | | | CardioKick 5:30-6:15 | |
| 6:30 PM | | Total Body Reset 6:30-7:15 | Yoga 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. We are more than a class, Y TOGETHER.

CARDIO KICK: Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

CHAIR YOGA: Chair Yoga invites you to find mobility in a way that is soft and gentle but also really supportive and beneficial. This practice invites awareness and integrity into the body, specifically the line of the spine. Activate the muscles that help you find length up through the spine for better posture and energy flow. Great Yoga For Healthy Aging as well!

GET FIT: Each class is unique, as instructors draw on their own training and experiences to bring these functional training focused classes to a fun and athletic training.

STRONG NATION™: High Intensity Interval Training choreographed to the music.

TOTAL BODY RESET: Total body Cardio-Strength conditioning with bursts of high-intensity cardio designed to strengthen and improve your endurance.

YOGA: Slow, meditative, dynamic and challenging Vinyasa-style that participants are guided by the teacher's instruction throughout the experience.

ZUMBA®: Dance-fitness program that involves cardio and Latin-World inspired dance. Get fit, stay fit and burn calories while having fun.

MARCH 2023 EVENTS

AOA - Wednesday March 15th @ 11:30am St. Patty Trivia & Treats with Rosanna
Zumba® Shake Your Shamrocks Theme - Friday March 17th @ 6:30 pm with Amy & Erika
Summer Camp Registration Is Open March 1st!
Parents Night Out - Saturday March 11 @ 5pm-9pm \$15.00 Members & \$20.00 Non Members

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 Hours: Mon-Sat 8:00am-12:00pm | Mon-Thu 4:00pm-8:00pm

Sandhills YMCA Facebook | ymcaofthesandhills.org