

HOPE MILLS BRANCH
FALL 2023 Group Fitness Schedule
September 9th - Nov 30th
 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		Yoga Pilates Fusion 9:30-10:15	Zumba® 9:30-10:15 ***** Blood Drive 9:30a-2:00p Wed, Sep 20th	Zumba® 9:30-10:15	TBR Circuit 9:30-10:15	Zumba® 9:30-10:15
10:30 AM		Chair Yoga 10:30-11:15		Chair Yoga 10:30-11:15	Yoga 10:30-11:15	Yoga 10:30-11:15
11:30 AM		Active Together 11:30-12:15		Active Together 11:30-12:15		
5:30 PM	Zumba® 5:30-6:15	Zumba® 5:30-6:15			CardioKick 5:30-6:15	
6:30 PM	Pilates Barre Fusion 6:30-7:15	Total Body Reset 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. 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!

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.

<p>AOA EVENT Grandparents Breakfast with PREP Tuesday, September 12th 9:30 AM</p>	<p>WELLNESS EVENT POP UP Line Dancing Class Thursday, September 7th 6:30 PM</p>	<p>YOUTH EVENT Parent's Night Out Saturday, September 9th 5:00 PM - 9:00 PM</p>
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