

# HOPE MILLS BRANCH

## November Group Fitness Schedule

3910 Ellison St Ste D, Hope Mills, NC 28348

(910) 426-9622, Option #2



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9:30 AM</b>	Line Dancing 9:30-10:15	Yoga Pilates Fusion 9:30-10:15	Zumba® 9:30-10:15	Zumba® 9:30-10:15	Line Dancing 9:30-10:15 <b>No class 11/3</b>	Zumba® 9:30-10:15
<b>10:30 AM</b>		Chair Yoga 10:30-11:15		Chair Yoga 10:30-11:15		Yoga 10:30-11:15
<b>11:30 AM</b>		Active Together 11:30-12:15		Active Together 11:30-12:15		
<b>5:30 PM</b>	Zumba® 5:30-6:15	Zumba® 5:30-6:15	<b>No Group Fitness Classes 11/22</b>	Line Dancing 5:30-6:30	CardioKick 5:30-6:15	
<b>6:30 PM</b>	Pilates Barre Fusion 6:30-7:15	Total Body Reset 6:30-7:15	Zumba® 6:30-7:15	<b>CLOSED Thanksgiving Day 11/23</b>	<b>Burn the Bird Fitness Event Only 11/24</b>	

### Dear Valued Gym Members,

It is with mixed emotions that we begin the closure of our beloved gym after 25 incredible years of fitness, health, and community. We want to express our heartfelt gratitude to each and every one of you who has been a part of our gym family throughout this remarkable journey.

**As we close this chapter, we want to express our deepest thanks to our amazing staff, instructors, and trainers who have poured their hearts into making our gym a second home for all of you. We also extend our gratitude to the local community and the businesses that have supported us.**

Over the years, we have witnessed inspiring transformations, shared countless laughs and challenges, and created lasting bonds that go beyond mere gym memberships. We are immensely proud of what we've achieved together, and it's because of YOUR dedication, hard work, and support that our gym has thrived for a quarter of a century. **While our gym may be closing its doors, we hope that you continue your fitness journey with us at our Fayetteville and Saleeby branches. Thank you once again for 25 wonderful years. It's been an honor and a privilege to be a part of your fitness journey.**

Sincerely, YMCA HOPE MILLS STAFF

<p align="center"><b>AOA EVENT</b> <b>AOA BINGO</b></p> <p><u>Thursday</u>, November 16th 12:30 PM RSVP REQUESTED</p> <p align="center"><b>BRANCH EVENT</b> <b>Red Cross Blood Drive</b></p> <p><u>Wednesday</u>, November 29th 9:30am - 2:00pm Hope Mills Branch</p>	<p align="center"><b>ASSOCIATION EVENTS</b></p> <p>@ Fayetteville Branch</p> <p align="center"><b>FALL ZUMBATHON CANNED FOOD DRIVE</b></p> <p><u>Saturday</u>, November 4th 12:00pm-1:30pm</p> <p align="center"><b>BURN THE BIRD Fitness Event</b></p> <p><u>Friday</u>, November 24th 9:00am- 11:30am</p>	<p align="center"><b>YOUTH EVENTS</b></p> <p><b>Teacher Work Day Childcare</b></p> <p><u>Tuesday</u>, November 7th &amp; <u>Wednesday</u>, November 22nd 7am-6pm <b>\$25/ child</b> *****</p> <p align="center"><b>NO Child Watch</b> <b>November 10th or 11th in</b> <b>observance of Veterans Day</b> *****</p> <p align="center"><b>Modified Branch Hours</b> <b><u>Wednesday</u>, Nov 22nd</b> <b>5:30am-6pm</b></p>
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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 Hours: Mon-Sat 8:00am-12:00pm | Mon-Thu 4:00pm-8:00pm

Sandhills YMCA Facebook | ymcaofthesandhills.org

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