

# FAYETTEVILLE BRANCH

## MAY 2026 Group Fitness Schedule




2717 Fort Bragg Rd. Fayetteville  
(910) 426-9622 Ext. 1

**Gym Hours:** Mon-Fri: 6:00AM - 8:00PM | Sat: 8:00AM - 2:00PM | Sun: Closed

**Child Watch:** W & F: 8:00AM-12:00PM | M, T, W & Th: 4:00PM - 8:00PM

**Pool Hours:** Mon-Fri: 6:00AM-12:00PM & 2:00PM-7:45PM | Sat: 8:00 AM- 1:45 PM



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 *GYM	Active Together 9:00-9:45 *GYM	Zumba® 9:00-9:45 *GYM  *9:15 AQUA Zumba® <i>No class 05/20</i>	Active Together 9:00-9:45 *GYM	Zumba® 9:00-9:45 *GYM	Strong®/Sculpt 9:00-9:45  *Strong®- 05/02 & 23 *Sculpt Dumbbells 05/16 & 30 <i>No class 05/09</i>
10:00AM	Chair Yoga 10:00-10:45	Chair Yoga 10:00-10:45	Chair Yoga 10:00-10:45	Chair Yoga 10:00-10:45	Gentle Yoga 10:00-10:45	Zumba® 10:00-10:45
	Beginners Pickleball 10:00-11:00 *GYM		Line Dancing 10:00-11:00 *GYM		Line Dancing 10:00-11:00 *GYM <i>No class 05/8 &amp; 15</i>	
11:00AM	Beginners Line Dancing 11:00-12:00 *GYM	Yin Yoga 11:00-11:45	Beginners Pickleball 11:00-1:00 *GYM	Gentle Yoga 11:00-11:45	Beginners Pickleball 11:00-1:00* *GYM <i>No class 05/15</i>	11:00 YOGA  Line Dancing 11:00-12:00 <i>Student Choice 05/09 &amp; 16</i>
11:15AM & 12:30PM	Active Together 11:15-12:00 *Upstairs		Active Together 11:15-12:00 *Upstairs		Active Together 11:15-12:00 *Upstairs	Beginners Pickleball 12:00-1:00 *GYM
5:30 PM	AQUA Zumba®  Zumba® 5:30-6:15	Zumba® 5:30-6:15 <i>No class 05/26</i>	Zumba® 5:30-6:15		EXERCISE LEARN & PLAY AFTER THE SCHOOL DAY  Ask us about our After School Care: Serving Cumberland Co. Schools	The YMCA will now be represented at the NC Senior Games Finals!  
6:00 PM & 6:30 PM		YOGA 6:30-7:15	Strength Circuit 6:30-7:15 <i>No class 05/06</i>	Line Dancing 6:00-7:00		Congratulations Line Dancing & Pickleball Members!  

**ACTIVE TOGETHER:** Low-impact cardio & easy-to-follow strength training and balance. Chair is optional. Great for healthy-aging or beginners.  
**AQUA FIT/ ZUMBA:** Experience a tidal wave of energy & excitement in the pool while improving your cardio fitness 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.  
**STRONG®:** A full body, high intensity cardio workout that uses plyometrics-and bodyweight. Each movement is set to the beat of the music.  
**LINE DANCING:** Dance-fitness class that includes easy-to-learn repeating choreographed steps set to a variety of toe-tapping music genres.  
**CHAIR/ GENTLE/ YIN YOGA:** Find mobility in a way that is gentle, supportive & beneficial. All Great For Healthy Aging!  
**STRENGTH CIRCUIT:** Increase your overall fitness through a fun workout that involves rotating through various exercise stations.  
**BEGINNERS PICKLEBALL:** A fun paddle sport for all ages that combines elements of tennis, badminton, and ping-pong  
**SCULPT:** Low-impact cardio & easy-to-follow strength training with dumbbells.

<b>AOA Better Health Free Screenings</b> Member Lounge Mon, May 4th 10-12pm	<b>AOA Bus &amp; Show Trip</b> Myrtle Beach May 5th-7th	<b>AOA Tech Time</b> Member Lounge Fri, May 8th 10am	<b>AOA BINGO &amp; POTLUCK</b> Gym Fri, May 15th 11:30 am	<b>NEW CLASSES</b> Aqua Zumba® M @ 5:30 PM W @ 9:15 AM & YOGA Sat @ 11:00AM
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**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 Y360 Mobile App or visit [ymcaofthesandhills.org/Wellness](http://ymcaofthesandhills.org/Wellness)