



SUMMER 2021 (June-August)  
HOPEMILLS GROUP FITNESS SCHEDULE

# STRONG

IN SPIRIT, MIND, AND BODY



### Group Fitness Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 - 10:15 AM	Zumba®	Strong Nation™	Zumba®	Yoga		Zumba®
	Get Fit w/Marsha (Wellness Area)		Get Fit w/Marsha (Wellness Area)			
10:30 - 11:15 AM	Active Together (AOA)	Chair Yoga	Active Together (AOA)	Chair Yoga		
5:30 - 6:15 PM	Zumba®	Pound®	Zumba®	Sculpt & Core	<b>NEW CLASSES:</b> Get ready to amp your fitness training - Mon & Wed 9:30am Get Fit (total body conditioning) w/Coach Marsha. Active Together - 45mins of Cardio and Strength. No impact.  <b>Wellness Questions:</b> Email Marsha.McRae@ymcaofthesandhills.org	
6:30 - 7:15 PM	Yoga	Cardio & Strength	Yoga	Strong Nation™		

**TOGETHER WE CAN BUILD A BETTER US**  
When you donate to the Y, you're supporting programs and services that help strengthen your community. Give for a better us.  
 The Y.™ For a better us.™



FB: SANDHILLS YMCA



ONLINE GROUP FITNESS SCHEDULE

Our Mission is to Put Christian Principles into Practice Through Programs that Build Healthy Spirit, Mind & Body for ALL

**Fayetteville Branch**  
 2717 Fort Bragg Rd  
 Fayetteville, NC 28303  
 P: (910) 426-9622, Option 1

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

**Saleeby Family**  
 107 Carletta Cagle Dr  
 Cameron, NC 28326  
 P: (910) 426-9622, Option 4

**Branch Hours**

Monday - Thursday 5:30 am - 9:00 pm | Friday 5:30 am - 8:00 pm |  
 Saturday 8:00 am - 2:00 pm | Sunday 1:00 pm - 5:00 pm

**Kids Care Hope Mills Hours**

Monday - Saturday: 8:00 am - 12:00 pm  
 Monday - Friday: 4:00 pm - 8:00 pm