



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMER 2021 (June-August)
FAYETTEVILLE GROUP FITNESS SCHEDULE

STRONG

IN SPIRIT, MIND, AND BODY



Group Fitness Classes - August 2021

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 - 9:15 AM		Active Together (Active Older Adult) GYM		Active Together (Active Older Adult) GYM		
9:30 - 10:15 AM	Aqua Fit (new)	Aqua Fit	Aqua Fit (new)	Aqua Fit		
6:30 - 7:15 PM	Zumba® (Studio 2)		Zumba® (Studio 2)		New Classes: Aqua Fit 9:30am Mon & Wed Zumba Monday 6:30pm is back! Active Together - 45mins of Cardio and Strength. No impact. Need assistance or improve your fitness training? Email Wellness Coordinator Marsha.McRae@ymcaofthesandhills.org	



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