



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMER 2021 (June-August)
HOPE MILLS GROUP FITNESS SCHEDULE

STRONG

IN SPIRIT, MIND, AND BODY



Group Fitness Classes - August 2021

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 - 10:15 AM	Zumba®	Strong Nation™	Zumba®	<i>Hiatus</i>		Zumba®
	Get Fit w/Marsha (Wellness Area)		Get Fit w/Marsha (Wellness Area)			
10:30 - 11:15 AM	Active Together (Active Older Adult)	<i>Hiatus</i>	Active Together (Active Older Adult)	<i>Hiatus</i>		
5:30 - 6:15 PM	Zumba®	Pound®	Zumba®	Cardio & Sculpt (Class change)	NEW CLASSES: 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. Wellness Questions: Email Marsha.McRae@ymcaofthesandhills.org	
6:30 - 7:15 PM	Yoga	Strength Circuit (Class change)	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