

YMCA OF THE SANDHILLS
FAYETTEVILLE BRANCH

May's WELLNESS CLASSES SCHEDULE

COME CHECK OUT THIS MONTH'S
FITNESS CLASSES AT THE Y

Group Fitness Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 - 9:00 AM	9:00 AM AOA Kettlebell (Studio 1)	8:00am -9:00am AOA Kettlebell (Studio 1)		8:45am - 9:30am Active Together (Gym)		9:00am - 10:00am Zumba® (Studio 2)
8:45 - 9:45 AM		8:45am - 9:30am Active Together (Gym)		8:45am - 9:30am Active Together (Gym)	9:15am - 10:00am Zumba®	
9:30 - 10: 15 AM	Zumba® (Studio 2) Aqua Fit	9:45am - 10:30am Aqua Fit	Zumba® (Studio 2) Aqua Fit	9:45am - 10:30am Aqua Fit		
10:30 -11:30AM						
5:30 - 6:15 PM				Intro to Spin (Studio 2)	Wellness Need assistance or improvements on your fitness training? Wellness Inquiries: Email Marsha.McRae@ymcaofthesandhills.org	
6:30 - 7:15 PM	Zumba®	Zumba®	Zumba® (Studio 2)			

Check us out on social
media and our app!



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

NEW CLASS ALERT AOA KETTLEBELL CLASS

AOA MEMBERS

IF YOU ARE LOOKING FOR A FUN CLASS THAT STRENGTHENS AND INCREASES
YOUR FLEXIBILITY, WELL THIS IS IT! JOIN US MONDAY AND TUESDAY AT 8:00AM.

TO FIND OUT MORE INFORMATION PLEASE VISIT OUR WELCOME CENTER



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