

YMCA OF THE SANDHILLS
HOPE MILLS BRANCH

May's WELLNESS CLASSES SCHEDULE

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



Group Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 - 9:30am	9:30am Chair Yoga			Mommy and Me Yoga 9:00am		
9:30 - 10:15 AM	Zumba®	Strong Nation™	Zumba®			Zumba®
	Get Fit w/Marsha (Wellness Area)		Get Fit w/Marsha (Wellness Area)			
10:30 - 11:15 AM	Active Together (AOA)	Yoga	Active Together (AOA)	Chair Yoga		Yoga - 14th and 28th Barre -7th and 21st
5:30 - 6:15 PM	Zumba® Yoga - 6:00pm Studio 1			Zumba® Studio 1	Wellness Questions: Email Marsha.McRae@ymcaofthesandhills.org	
6:30 - 7:15 PM		Zumba®	Yoga	Strong Nation™		

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

Join our Zumba team as they celebrate
Cinco De Mayo with dance and treats!
Thursday May 5 at 5:30pm



**CINCO
DE
MAYO**

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 - Thursday, Saturday: 8:30 am - 12:00 pm
Monday - Thursday: 4:30 pm - 8:00 pm
Friday - Closed