



# OCTOBER 2021 HOPE MILLS GROUP FITNESS SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Group Fitness Classes						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 - 10:15 AM	Zumba®	Strong Nation™	Zumba®			Yoga Barre
	Get Fit w/Marsha (Wellness Area)		Get Fit w/Marsha (Wellness Area)			
10:30 - 11:15 AM	Active Together (AOA)		Active Together (AOA)			Zumba®
5:30 - 6:15 PM	Zumba®	Pound®	Zumba®		<b>Special Classes:</b> Halloween Zumba Class Friday October TBA Michael vs Janet Zumba Class October 28th <b>Wellness Questions:</b> Email Marsha.McRae@ymcaofthesandhills.org	
6:30 - 7:15 PM				Strong Nation™		



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