

WAYMO



FAC
FAYETTEVILLE
ATHLETIC CLUB

WAYMO *Group Training at it's Finest is Back at FAC and FREE with your Membership!*

WAYMO stands for What Are You Made Of and the answer is STRENGTH, POWER, SPEED, ENDURANCE, AGILITY and MUCH MORE!

Space is limited to 8 participants and registration is required. Please sign up on our website www.fayac.com or at the main front desk.

Sign up opens one day in advance at 5am.

Questions? Contact Mica Mitchell O'Dell @ mmitchell@fayac.com

MON	TUES	WED	THURS	FRI	SAT
5:30AM		5:30AM		5:30AM	
	9:00AM		9:00AM		8:30AM
	11:00AM		11:00AM		11:00AM
NOON		NOON		NOON	
4:30PM	4:30PM	4:30PM	4:30PM		
5:30PM	5:30PM	5:30PM	5:30PM		