



# FALL 2020

## SALEEBY GROUP FITNESS SCHEDULE

Effective ao 08.30.20

Maximum Class Capacity: Cycle 15 max / 6ft apart  
 Livestream Meeting ID: 566 432 4533 / SandhillsY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:30 AM</b>	Aqua Fit	Cycle & Strength	Aqua Fit	Cycle & Core	Aqua Fit	
<b>9:30 AM</b>		Livestream Piloxing®		Livestream Strong Nation™	Livestream Zumba®	9:30 AM Zumba®
	Zumba®		Cycle & Pilates		Cardio & Strength	10:15 AM Power Flow (Yoga-Pilates-Barre)
<b>5:30 PM</b>	Cycle		Cycle			
<b>6:30 PM</b>	Livestream Zumba®	Cardio & Strength		Barre Fusion		
	Zumba®	Aqua Fit	Piloxing®	Aqua Fit		



**FB: SANDHILLS YMCA**

**Our Mission is to Put Christian Principles into Practice Through Programs that Build Healthy Spirit, Mind & Body for ALL**

### Fayetteville Branch Hours

Monday - Friday 5:30 am - 8:00 pm  
 Saturday 8:00 am - 12:00 pm  
 Sunday CLOSED

2717 Fort Bragg Rd  
 Fayetteville, NC 28303  
 P: (910) 426-9622, Opt 1

### Hope Mills Branch Hours

Monday - Friday 5:30 am - 8:00 pm  
 Saturday 8:00 am - 12:00 pm  
 Sunday CLOSED

3910 Ellison St Ste D  
 Hope Mills, NC 28348  
 P (910) 426-9622, Option 2

### Saleeby Branch Hours

Monday - Friday 5:30 am - 8:00 pm  
 Saturday 8:00 am - 12:00 pm  
 (Family Pool Time 12-4PM. RSVP is required.)  
 Sunday CLOSED

107 Carletta Cagle Dr  
 Cameron NC 28326  
 P (910) 426-9622, Option 4