



January 2021 SALEEBY MODIFIED GROUP FITNESS SCHEDULE


Effective as of 01/01/21

Mask is required and 6-feet distance.

Online GEX Schedule - <https://apps.daxko.com/SLpfqDV9HU>

Group Fitness Classes						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						PopUp Classes 8:45AM 2nd: Strength & Core 9th: Piloxing Barre 16th: Strong Nation 23rd: Pound 30th: Cycle HIIT
8:30 - 9:15 AM		Cycle		Cycle		
9:30 - 10:15 AM	Zumba®	Piloxing® Barre (livestream/branch)	Zumba® (new)	Mat Pilates (new)	Cardio & Strength	Zumba®
10:30 - 11:15 AM			Yoga Sculpt (livestream/branch)			Yoga
5:30 - 6:15 PM	Cycle		Cycle		GEX Updates Jan 1, 2021 (Fri)- Closed PopUp Classes at 8:45 AM Sat Pound®, Piloxing® Barre, Strong Nation™, Cycle HIIT, Piloxing®	
6:30 - 7:15 PM	Zumba®	Cardio & Strength	Zumba® (new)	Barre Fusion	Aqua Workout Party 30th, Saturday at 9:30AM	

Aqua Fitness Classes						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 - 9:15 AM	Aqua Fit		Aqua Fit		Aqua Fit	*Aqua Fit PM Classes will resume in Feb 2021.
6:30 - 7:15 PM						



TOGETHER WE CAN BUILD A BETTER US

When you donate to the Y, you're supporting programs and services that help strengthen your community. Give for a better us.

The Y. For a better us.™

Like Us On
Facebook

FB: SANDHILLS YMCA

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	New Branch Hours (as of Jan 9, 2021) Monday - Friday 5:30 am - 8:00 pm Saturday 8:00 am - 2:00 pm Sunday 1:00 pm - 5:00 pm
---	---	--	--