




SALEEBY FAMILY BRANCH

Group Fitness Schedule

August 2025

107 Carletta Cagle Drive, Cameron, NC 28326
(910) 426-9622, Option #2

GROUP FITNESS GUIDELINES: Schedule is subject to change and classes may be canceled due to low interest or availability. For your safety, please arrive 5-10 minutes prior to the scheduled class time. For class updates and events, login to your member **YMCA 360 app** or visit **ymcaofthesandhills.org/Wellness & Events**.

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|-------------------------|------------------------------|---------------------------|------------------------------|---|----------|
| 8:30 AM | Aqua Fit 8:30-9:15 | | Aqua Gentle 8:30-9:15 | | Aqua Blast 8:30-9:15 | |
| 11:00 AM | | Aqua Bootcamp 11:00-11:45 | | Aqua Bootcamp 11:00-11:45 |  | |
| 6:30 PM | Aqua Power 6:30-7:15 | | Aqua Circuit 6:30-7:15 | | | |

Water exercise classes are a great way to exercise while lessening the impact on your joints. This is especially helpful for those seeking the ability to exercise without jarring their joints.

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|----------|----------------------------------|--------------------------------------|------------------------|---|---|---------------------------------|
| 8:30 AM | Body Blast 8:30-9:15 | Cycle 8:30-9:15 | HIIT Step 8:30-9:15 | Cycle 8:30-9:15 | Cardio Barbel 8:30-9:15 | |
| 9:30 AM | Cardio Barre 9:30-10:15 | Active Together 9:30-10:15 | NEW Yoga 9:30-10:15 | Active Together 9:30-10:15 | Dance Fitness 9:30-10:15 | Zumba® 9:30-10:15 |
| 10:30 AM | Stretch & Balance 10:30-11:15 | Zumba® 10:30-11:15 | | Core Fusion 10:30-11:15 | NEW Yoga 10:30-11:15 | Restorative Yoga 10:30-11:30 |
| 3:30 PM | | Teens HIIT & Agility 3:30-4:15 | | Teens Strength Training 3:30-4:15 | | |
| 5:30 PM | Cardio Barbell 5:30-6:15 | Bootcamp 5:30-6:15 | Cycle 5:30-6:15 | Virtual YMCA360 5:30-6:15 | Join the Y's Back to School Supply Drive & help ensure every student starts the year confident & prepared! Drop off July 28th - August 7th | |
| 6:30 PM | Zumba® 6:30-7:15 | Kickbox Fusion 6:30-7:15 | Zumba® 6:30-7:15 | Pop Pilates 6:30-7:15 | | |

INTRO TO EQUIPMENT
Mon 9:30 am | Thu 9:30 am | Mon, Wed, Thu 5:00-6:30 pm

PERSONAL TRAINING: Whether you want to build strength, shed a few pounds, or just boost performance — let's get moving and achieve your goals together. Email - Saleeby.Wellness@ymcaofthesandhills.org for more information.

Saleeby Branch Hours: Mon-Thu 5:30am-9:00pm | Fri 5:30am-8:00pm | Sat 8:00am-2:00pm | Sun 1:00pm-5:00pm

Kids Care Saleeby Hours: Mon-Sat 8:00am-12:00pm | Mon-Thu 4:00pm-8:00pm

Sandhills YMCA Facebook | ymcaofthesandhills.org



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GROUP EXERCISE CLASS DESCRIPTIONS

- **AQUA BLAST:** Total body pool workout including moderate upbeat cardio, strengthening exercises, core and balance work, and a deep stretch at the end.
- **AQUA CIRCUIT:** Fun drills, cardiovascular training, stretching and strengthening exercises.
- **AQUA FIT:** A great exercise program using water resistance to develop muscle tone, flexibility, cardiovascular fitness and general well-being.
- **AQUA GENTLE:** Exercise include range of motion, strengthening, balance, coordination, water walking and low aerobic work. This class is specially designed for those looking for a low-impact water exercise workout. Develop muscle tone, balance & flexibility without harsh pounding on your joints. Everyone works at their own pace.
- **AQUA POWER:** Experience a tidal wave of energy & excitement in the pool while improving your cardio fitness levels utilizing the resistance of water!
- **ACTIVE TOGETHER:** This class is everything you need from low-impact cardio to easy to follow strength training and balance, you will leave class feeling stronger and confident. Chair is optional. Great for healthy aging, deconditioned or beginners.
- **BODY BLAST:** Get ready for a high-energy workout that combines strengths and cardio moves.
- **BOOTCAMP:** Jump start is here! A class that can help you get in shape, tone your body, lose weight, and strengthen your bones and joints.
- **CARDIO BARRE:** Blend of Pilates principles, strength training, barre and high-energy workouts that will make you feel graceful, flexible and strong.
- **CARDIO BARBELL:** With a strong emphasis on proper form, this foundational class focuses on the basic movements of weight training.
- **CORE FUSION:** Exercising muscles around the core using light weights and body weight exercises with graceful, power and control. Fusion of Pilates, yoga, functional and balance.
- **CYCLE:** Try out our Indoor Cycle! Cycling will get your feet moving and the heart pumping by combining strength and endurance components. All levels are welcome.
- **DANCE FITNESS:** Dance Join our high-energy dance fitness class, combining dynamic choreography with aerobic exercise. Burn calories, boost mood, and groove to the beat in a fun, supportive environment.
- **GENTLE YOGA:** Join us for soothing and rejuvenating yoga class, tailored to promote relaxation, flexibility and balance.
- **KICKBOX FUSION:** Work on your cardio endurance, total body strength and core fusion of pilates inspired moves.
- **POP PILATES:** Get fit and feel empowered in our high-energy Pop Pilates class! You'll engage your core, improve your posture, and boost overall fitness level while having fun.
- **HIIT STEP:** Dynamic, calorie-torching workout that combines rapid-fire step sequences with short bursts of intense cardio exercise. Get ready to step up your fitness level and ignite your metabolism
- **STRETCH & BALANCE:** Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement.
- **VIRTUAL Y360:** Join us with online trainers for a dynamic workout where the instructors pick the format! Each class offers something new and exciting!
- **RESTORATIVE YOGA:** This practice helps to calm the mind, and restore balance to the body, promoting overall well-being and stress relief.
- **ZUMBA®:** Dance-fitness program that involves cardio and Latin-World inspired dance. Get fit, stay fit and burn calories while having fun.

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