



SALEEBY FAMILY BRANCH

Group Fitness Schedule

April - June 2024

107 Carletta Cagle Drive, Cameron, NC 28326
(910) 426-9622, Option #3

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 **Daxko Mobile App** or visit [ymcaofthesandhills.org/Wellness & Events](http://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 Fit 11:00-11:45		Aqua Circuit 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.

8:30 AM	Total Body Conditioning 8:30-9:15	Cycle 8:30-9:15	Sculpt & Agility 8:30-9:15	Cycle Bootcamp 8:30-9:15	Therapeutic Yoga 8:30-9:15	
9:30 AM	Cardio Barre 9:30-10:15	Active Together 9:30-10:15	Yoga 9:30-10:15	Active Together 9:30-10:15	Cardio Barbell 9:30-10:15	Zumba® 9:30-10:15
10:30 AM	Stretch & Balance 10:30-11:15	Zumba® 10:30-11:15	Cardio Fun & Stretch 10:30-11:15	Core Fusion 10:30-11:15	Zumba® 10:30-11:15	Yoga Pilates Fusion 10:30-11:30
4:30 PM			Active Together 4:30-5:15			
5:30 PM	Cardio Barbell 5:30-6:15	Bootcamp 5:30-6:15	Cycle 5:30-6:15	Circuit & Agility 5:30-6:15	Intro to Equipment Mon 9:30 AM Thu 9:30 AM Thu 6:30 PM	
6:30 PM	Zumba® 6:30-7:15	CardioKick & Pilates Burn 6:30-7:15	Zumba® 6:30-7:15	Barre Fusion 6:30-7:15		

Our Group Exercise programs are a community of members working together toward similar wellness goals. When you walk into a program, you will feel the sense of community and camaraderie that comes from our programs, staff and members.

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! Jump Start, Small Group Training, Women On Weights, Strength Conditioning, Pilates Matwork & more.

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

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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.
- **CARDIO BARRE:** Blend of Pilates principles, strength training, barre and high-energy workouts that will make you feel graceful, flexible and strong.
- **CARDIO FUN & STRETCH:** Let's get physical! Enjoy energizing exercise for the body and the brain. The goal of each class is to increase heart rate while engaging the mind. This class will take place mostly standing, but also has a seated option.
- **CARDIO BARBELL:** With a strong emphasis on proper form, this foundational class focuses on the basic movements of weight training.
- **CARDIOKICK & PILATES BURN:** Work on your cardio endurance, total body strength and core fusion of pilates inspired moves.
- **CYCLE:** Tryout our Indoor Cycle! Cycling will get your feet moving and the heart pumping by combining strength and endurance components. All levels are welcome.
- **CYCLE BOOTCAMP:** This fun style of ride combines a Cycle class with intervals of full body weight training circuits off the bike using dumbbells.
- **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.
- **SCULPT & AGILITY:** Every fitness level, every age and EVERY BODY is welcomed to all our classes. Strength Circuit, Agility and more.
- **STRETCH & BALANCE:** Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement
- **BARRE FUSION:** This class is sure to strengthen your core, thighs, and glutes while lengthening from head to toe. You'll feel leaner and stronger the more you Barre!
- **TOTAL BODY CONDITIONING:** Total body strength, cardio, and agility that will be sure to help elevate your fitness to the next level.
- **THERAPEUTIC YOGA:** This gentle class uses supportive postures to guide the breath through a full body flow. Focus on functional flexibility, as well as building strength and balance.
- **YOGA:** Slow, meditative, dynamic and challenging Vinyasa-style that participants are guided throughout the experience.
- **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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