



SALEEBY FAMILY BRANCH

Group Fitness Schedule

June 2026

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. All Aqua, Cycle, and Active Together classes require an **RSVP** on the **Y360 app**.

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|--------------------------|------------------------------|---------------------------|----------------------------|---|----------|
| 8:30 AM | Aqua Fit 8:30-9:15 | | Aqua Gentle 8:30-9:15 | | Aqua Blast 8:00-8:45 9:00-9:45 | |
| 11:00 AM | | Aqua Bootcamp 11:00-11:45 | | Aqua Tabata 11:00-11:45 | Krav Maga Seminar June 10th, 5:30-7:30 pm Come and learn practical, effective self-defense skills. RSVP on Y360 app. | |
| 6:30 PM | Aqua Tabata 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 | Kickbox Fusion 8:30-9:15 | Cycle 8:30-9:15 | HIIT Step 8:30-9:15 | Cycle 8:30-9:15 | Power Pump 8:30-9:15 | |
| 9:30 AM | Bands & Boogie 9:30-10:15 | Active Together 9:30-10:15 | Butts & Guts 9:30-10:15 | Active Together 9:30-10:15 | Zumba® 9:30-10:15 | Zumba® 9:30-10:15 |
| 10:30 AM | Stretch & Balance 10:30-11:15 | Zumba® 10:30-11:15 | Virtual Yoga 10:30-11:15 | Core Fusion 10:30-11:15 | Tone & Stretch 10:30-11:15 | Restorative Yoga 10:30-11:30 |
| 4:00 PM | | Teens HIIT & Agility 12:30-1:15 | | Teens Strength Training 12:30-1:15 | | |
| 5:30 PM | Power Pump 5:30-6:15 | Butts & Guts 5:30-6:15 | Cycle 5:30-6:15 | HIIT Step 5:30-6:15 | BINGOSIZE Tue, Jun 16, 10:30-11:30am Bingo with fun, inclusive exercises while sharing tips on healthy cooking techniques RSVP on Y360 (Events) | |
| 6:30 PM | Zumba® 6:30-7:15 | Kickbox Fusion 6:30-7:15 | Dance & Tone 6:30-7:15 | Yoga 6:30-7:15 | | |

INTRO TO EQUIPMENT
Mon 9:30 am | Thu 10:30 am | Mon, Wed 5:00-6:30 pm

PERSONAL TRAINING: 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 TABATA:** Fast-paced water workout using Tabata intervals to boost cardio and strength with low-impact resistance in the pool.
- **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. Great for healthy aging, deconditioned or beginners.
- **BANDS & BOOGIES:** A fun, upbeat fitness class combining resistance bands, light weights, and easy-to-follow dance moves for a full-body workout that keeps you moving and smiling.
- **BUTTS & GUTTS:** High-energy strength class focused on toning and strengthening your core, glutes, and lower body.
- **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.
- **KICKBOX FUSION:** Work on your cardio endurance, total body strength and core fusion of pilates inspired moves.
- **CORE & MORE:** Fitness class that combines core-strengthening exercises with dynamic movements to boost strength, flexibility, and overall fitness.
- **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
- **POWER PUMP:** High-intensity strength training class designed to build muscle and increase overall strength using barbell and weighted plates.
- **STRETCH & BALANCE:** Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement.
- **TONE & STRETCH:** Combination of core exercises with deep stretching to improve flexibility, and leave you feeling strong and refreshed.
- **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.
- **YOGA:** Join us for soothing and rejuvenating yoga class, tailored to promote relaxation, flexibility and balance.

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