

SALEEBY FAMILY BRANCH

Group Fitness Winter Schedule

January 9 - March 31, 2023

107 Carletta Cagle Drive, Cameron, NC 28326
(910) 426-9622, Option #4



GROUP FITNESS GUIDELINES: Schedule is subject to change and classes may be canceled due to low interest. 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 page.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM	Aqua Fit 8:30-9:15 RSVP	Aqua Fit 8:30-9:15 RSVP	Aqua Fit 8:30-9:15 RSVP	Aqua Fit 8:30-9:15 RSVP	Aqua Fit 8:30-9:15 RSVP	Jan 21st NEON POP PARTY 8:45-10:15 Zumba® Step & Dance Jam
	Cardio Strength Interval 8:30-9:15	Cycle 8:30-9:15	Instructor's Choice 8:30-9:15	Cycle 8:30-9:15	Core Fusion 8:30-9:15	
9:30 AM	Barre Fusion 9:30-10:15	Active Together 9:30-10:15	Barre Fusion 9:30-10:15	Active Together 9:30-10:15	Cardio & Strength 9:30-10:15	Zumba® 9:30-10:15
10:30 AM	Tai Ji Quan 10:30-11:15	Zumba® 10:30-11:15	Tai Ji Quan 10:30-11:15	Zumba® 10:30-11:15	Yoga 10:30-11:15	Yoga 10:30-11:30
11:15 AM		Aqua Fit 11:15-12:00 RSVP		Aqua Fit 11:15-12:00 RSVP	Aqua Fit 11:15-12:00 RSVP	
5:30 PM	Total Body Conditioning 5:30-6:15	Cycle 5:30-6:15	Strength & Core 5:30-6:15	Cycle 5:30-6:15	Intro to Equipment (RSVP) Mon & Wed 9:30 AM Tue 5:45 PM	
6:30 PM	Zumba® 6:30-7:15	CardioKick & Pilates Fusion 6:30-7:15	Zumba® 6:30-7:15	Barre Fusion 6:30-7:15	Personal Training Inquiry: Saleeby.Wellness@ymcaoftheSandhills.org	

CLASS DESCRIPTION

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.

AQUA FIT: Experience a tidal wave of energy and excitement in the pool while improving your cardio fitness levels utilizing the resistance of water!

BARRE FUSION: Blend of Pilates principles, strength training, barre and high-energy workouts that will make you feel graceful, flexible and strong. Fusion of unique resistance exercises, flexibility training and cardio exercises creating a toned, shapely body.

CARDIOKICK & PILATES FUSION (HYBRID): CardioKickboxing + Pilates burn workout to help you develop a strong mind and body connection. Work on your cardio endurance, total body strength and core fusion of pilates moves.

CARDIO STRENGTH INTERVAL: This class features a combination of total body strength, cardio, and agility exercises that will be sure to help elevate your fitness to the next level.

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 MAX (High Intensity Interval Training).

INSTRUCTOR'S CHOICE: Every fitness level, every age and EVERY BODY is welcomed to all our classes.

TAI JI QUAN: A meditative exercise, characterized by methodically slow circular and stretching movements. The evidence-based program is known to help older adults improve balance, prevent falls and retain independence.

TOTAL BODY CONDITIONING: Bursts of high-intensity cardio designed to strengthen and improve your endurance.

YOGA: Slow, meditative, dynamic and challenging Vinyasa-style that participants are guided by the teachers instruction 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.

All 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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