

# 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 & Events](http://ymcaoftheSandhills.org/Wellness & Events) 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	MARCH MADNESS THEME WED 6:30pm ZUMBA  MARCH MATNESS FUN EXERCISE CHALLENGE (Barre, Core Fusion & Yoga)
	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 MAX 5:30-6:15	Intro to Equipment (RSVP) Mon & Wed 9:30 AM Wed 6:30 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 & 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 teacher's 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

Sandhills YMCA Facebook | [ymcaoftheSandhills.org](http://ymcaoftheSandhills.org)