

SALEEBY FAMILY BRANCH

HOLIDAY Group Fitness Schedule

December 1-31, 2023

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 page.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM	Aqua Fit 8:30-9:15	Aqua Fit 8:30-9:15	Aqua Open Lane 8:30-9:15	Aqua Fit 8:30-9:15	Aqua Fit 8:30-9:15	
	Cardio-Strength Interval 8:30-9:15		Circuit & Agility 8:30-9:15		Yoga 8:30-9:15	
9:30 AM	Barre Fusion 9:30-10:15	Active Together 9:30-10:15	Yoga 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	Stretch & Balance 10:30-11:15	Zumba® 10:30-11:15	New Class Jan 2024	Core Fusion 10:30-11:15	Zumba® 10:30-11:15	Yoga Pilates Fusion 10:30-11:30
5:30 PM	Total Body Conditioning 5:30-6:15	New Class Jan 2024	Strength & Agility 5:30-6:15 No Class 12/27	Cycle 5:30-6:15	Intro to Equipment Mon & Wed 9:30 AM Thu 6:30 PM (new) Wellness Department Contact: Koni.Perodeau @ymcaofthesandhills.org (Feedback, Inquiry, Training, or Support)	
6:30 PM	Zumba® 6:30-7:15	CardioKick & Pilates Burn 6:30-7:15	Zumba® 6:30-7:15	Tone & Flow 6:30-7:15		
	Aqua Fit 6:30-7:15		Aqua Fit 6:30-7:15 No Class 12/27			

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 & CORE RESISTANCE: Work on your cardio endurance, total body strength and core fusion of pilates inspired moves.

CARDIO-STRENGTH INTERVAL: Total body strength, cardio, and agility that will be sure to help elevate your fitness to the next level.

CIRCUIT & AGILITY: Every fitness level, every age and EVERY BODY is welcomed to all our classes. Strength Circuit, Agility and more.

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).

STRETCH & BALANCE: Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement

TONE & FLOW: Fusion and inspired moves from yoga, core and toning.

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 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.

HOLIDAY CLOSURES: Sun, Dec 24, Mon, Dec 25 | Sun, Dec 31 | Mon, Jan 1, 2024

12 DAYS OF CHRISTMAS WORKOUT CELEBRATION: Wed 12/13 - Sat 12/23. Wear your holiday fun colors!

Class Updates & Schedule, login to your Member App.

Are you ready to amp your fitness goal? Sign up for Personal Training In-person or Virtual.

Email Saleeby.Wellness @ymcaofthesandhills.org

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