

SALEEBY FAMILY BRANCH FALL 2023 Group Fitness Schedule

September 9th - Nov 30th

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	Strong Nation™ (Coaching) 10:30-11:15	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	Family Fitness (ages 7+) 5:30-6:00	Strength & Conditioning 5:30-6:15	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 & 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			

- 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.

Thanksgiving Week Schedule
 22nd Wed, NO PM Classes | 23rd Thu, CLOSED | 24th Fri, NO CLASS
 AOA Thankful Social Event 30th, Thu 10:30am - 12:00pm

#GIVINGTUESDAY November 20 - 29, 2023

Join us on this global day/week of generosity. Ways to give, visit <https://ymcaofthesandhills.org/givingtuesday>