



# SALEEBY FAMILY BRANCH

## Group Fitness Schedule

### September 2025

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**.

	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 Bootcamp 11:00-11:45	<b>DANCE GLOW PARTY!</b> Light up the morning with music, movement, and glowing vibes! <b>September 20th, 9:30-11:00am</b> Wear your brightest gear and let's light up the dance floor together!	
	6:30 PM	Aqua Power 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.

	8:30 AM	Body Blast 8:30-9:15	Cycle 8:30-9:15	HIIT Step 8:30-9:15	Cycle 8:30-9:15	Cardio Barbel 8:30-9:15	
	9:30 AM	Cardio Barre 9:30-10:15	Active Together 9:30-10:15	Butts & Guts 9:30-10:15	Active Together 9:30-10:15	Dance Fitness 9:30-10:15	Zumba® 9:30-10:15
	10:30 AM	Stretch & Balance 10:30-11:15	Zumba® 10:30-11:15	Yoga 10:30-11:15	Core Fusion 10:30-11:15	Yoga 10:30-11:15	Restorative Yoga 10:30-11:30
	4:00 PM		Teens HIIT & Agility 4:15-5:00		Teens Strength Training 4:15-5:00		
	5:30 PM	Cardio Barbell 5:30-6:15	Bootcamp 5:30-6:15	Cycle 5:30-6:15	Virtual YMCA360 5:30-6:15	<b>Welcome Week</b> <b>September 12th-21st</b> Celebrate our diverse community as we welcome members representing different countries	
	6:30 PM	Zumba® 6:30-7:15	Kickbox Fusion 6:30-7:15	Zumba® 6:30-7:15	Pop Pilates 6:30-7:15		

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

**PERSONAL TRAINING:** Whether you want to build strength, shed a few pounds, or just boost performance — let's get moving and achieve your goals together. Email - [Saleeby.Wellness@ymcaofthesandhills.org](mailto: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  
 Sandhills YMCA Facebook | [ymcaofthesandhills.org](http://ymcaofthesandhills.org)



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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 POWER:** Experience a tidal wave of energy & excitement in the pool while improving your cardio fitness levels utilizing the resistance of water!
- **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. The chair is optional. Great for healthy aging, deconditioned or beginners.
- **BODY BLAST:** Get ready for a high-energy workout that combines strengths and cardio moves.
- **BOOTCAMP:** Jump start is here! A class that can help you get in shape, tone your body, lose weight, and strengthen your bones and joints.
- **BUTTS & GUTTS:** High-energy strength class focused on toning and strengthening your core, glutes, and lower body.
- **CARDIO BARRE:** Blend of Pilates principles, strength training, barre and high-energy workouts that will make you feel graceful, flexible and strong.
- **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.
- **YOGA:** Join us for soothing and rejuvenating yoga class, tailored to promote relaxation, flexibility and balance.
- **KICKBOX FUSION:** Work on your cardio endurance, total body strength and core fusion of pilates inspired moves.
- **POP PILATES:** Get fit and feel empowered in our high-energy Pop Pilates class! You'll engage your core, improve your posture, and boost overall fitness level while having fun.
- **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
- **STRETCH & BALANCE:** Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement.
- **VIRTUAL Y360:** Join us with online trainers for a dynamic workout where the instructors pick the format! Each class offers something new and exciting!
- **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.

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