



# SALEEBY FAMILY BRANCH

## Group Fitness Schedule

January-March 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 **Daxko Mobile App** or visit [ymcaofthesandhills.org/Wellness & Events](http://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 8:30-9:15	
11:00 AM		Aqua Fit 11:00-11:45		Aqua Circuit 11:00-11:45	<b>Disco Fever Workout Party</b> Join us for a fitness experience that will get you moving and grooving to the funkier beats of the 70s! <b>January, 25th</b> <b>9:30 am-11:30 am</b>	
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	<b>New</b> Kickboxing Tabata 8:30-9:15	Cycle 8:30-9:15	<b>New</b> HIIT Step 8:30-9:15	Cycle 8:30-9:15	Gentle Yoga 8:30-9:15	
9:30 AM	Cardio Barre 9:30-10:15	Active Together 9:30-10:15	Vinyasa Flow 9:30-10:15	Active Together 9:30-10:15	Cardio Barbell 9:30-10:15	Zumba® 9:30-10:15
10:30 AM	Stretch & Balance 10:30-11:15	Zumba® 10:30-11:15		Core Fusion 10:30-11:15	<b>New</b> Dance Fitness 10:30-11:15	<b>New</b> Yoga 10:30-11:30
3:30 PM	Teen Fit Club 3:30-4:15		Teen Fit Club 3:30-4:15			
5:30 PM	Cardio Barbell 5:30-6:15	Bootcamp 5:30-6:15	Cycle 5:30-6:15	<b>New</b> Tabata 5:30-6:15	<b>Intro to Equipment</b> Mon, Wed, 9:00 am Mon, Tue, Thu 4:30 pm-6:30 pm	
6:30 PM	Zumba® 6:30-7:15	CardioKick & Core 6:30-7:15	Zumba® 6:30-7:15	<b>New</b> Yoga 6:30-7:15		

Our Group Exercise programs are a community of members working together toward similar wellness goals. When you walk into a program, you will feel the sense of community and camaraderie that comes from our programs, staff and members.

**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)



## SALEEBY FAMILY BRANCH

### Group Fitness Schedule

January-March 2025

107 Carletta Cagle Drive, Cameron, NC 28326  
(910) 426-9622, Option #2

## 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. Chair is optional. Great for healthy aging, deconditioned or beginners.
- **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.
- **CARDIOKICK & CORE:** Work on your cardio endurance, total body strength and core fusion of pilates inspired moves.
- **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.
- **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.
- **TEEN FIT CLUB:** High energy class combines athletic drills, agility training and conditioning exercises. Perfect for teens looking to enhance their sports performance, build confidence, and make new friends with similar interests.
- **GENTLE YOGA:** Join us for soothing and rejuvenating yoga class, tailored to promote relaxation, flexibility and balance.
- **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.
- **KICKBOXING TABATA:** Get ready for a high-energy workout that combines kickboxing moves with Tabatha's intense interval training.
- **VINYASA YOGA:** Dynamic and invigorating yoga class, where movement meets breath and music. This flowing practice will guide you through a series of sequenced poses, linked by conscious breathing and fluid transitions.
- **ZUMBA®:** Dance-fitness program that involves cardio and Latin-World inspired dance. Get fit, stay fit and burn calories while having fun.
- **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.

**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)