



# SALEEBY FAMILY BRANCH

## Group Fitness Schedule

November 2024

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>Turkey Burn</b> <b>Shake off the Stuffing!</b> <b>Join our post-holiday workout!</b> <b>Nov 29th, 9:30am-11:00am</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	Total Body Conditioning 8:30-9:15	Cycle 8:30-9:15	Sculpt & Agility 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	Zumba® 10:30-11:15	Flow & Restore 10:30-11:30
5:30 PM	Cardio Barbell 5:30-6:15	Bootcamp 5:30-6:15	Cycle 5:30-6:15	Circuit & Agility 5:30-6:15	<b>Intro to Equipment</b> Mon, Wed, 9:00 am Thu 6:30 pm	
6:30 PM	Zumba® 6:30-7:15	CardioKick & Pilates Burn 6:30-7:15	Zumba® 6:30-7:15	Tone & Stretch 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! Jump Start, Small Group Training, Women On Weights, Strength Conditioning, Pilates Matwork & more.

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. 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 & PILATES BURN:** 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.
- **BARRE FUSION:** This class is sure to strengthen your core, thighs, and glutes while lengthening from head to toe. You'll feel leaner and stronger the more you Barre!
- **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.
- **FLOW & RESTORE:** Mindful movement class that combines the principles of Pilates and Yoga. You'll build strength and flexibility, improve balance and coordination, and reduce stress.
- **GENTLE YOGA:** Join us for soothing and rejuvenating yoga class, tailored to promote relaxation, flexibility and balance.
- **SCULPT & AGILITY:** Every fitness level, every age and EVERYBODY is welcomed to all our classes. Strength Circuit, Agility and more.
- **STRETCH & BALANCE:** Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement
- **TONE & STRETCH:** Through a combination of dynamic movements, static stretches, and strengthening exercises, you'll experience a comprehensive workout that leaves you feeling toned, stretched, and refreshed. All levels welcome!
- **TOTAL BODY CONDITIONING:** Total body strength, cardio, and agility that will be sure to help elevate your fitness to the next level.
- **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.

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