



## SALEEBY FAMILY BRANCH

### Group Fitness Schedule

June 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 8:30-9:15	
	11:00 AM		<b>Aqua Bootcamp</b> 11:15-12:00		<b>Aqua Bootcamp</b> 11:15-12:00	<b>SALEEBY SUMMER CHALLENGE</b> Get ready for a fun-filled summer! Join our Saleeby Summer Challenge and complete tasks throughout June and July for a chance to win a gift basket!	
	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>Body Blast</b> 8:30-9:15	Cycle 8:30-9:15	HIIT Step 8:30-9:15	Cycle 8:30-9:15	<b>Yogalates</b> 8:30-9:15	
	9:30 AM	Cardio Barre 9:30-10:15	Active Together 9:30-10:15	<b>Core Fusion</b> 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		<b>Virtual Gentle Yoga</b> 10:30-11:15	Zumba® 10:30-11:15	Tone and Stretch 10:30-11:15
	12:00 pm		<b>Teens Hiit &amp; Agility</b> 12:30-1:15	<b>Teens Dance Fitness</b> 11:15-12:00	<b>Teens Strength Training</b> 12:30-1:15		
	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>Intro to Equipment</b> Mon 9:30 AM   Wed 10:30 AM   Mon, Wed, Thu 5:00-6:30 pm	
	6:30 PM	Zumba® 6:30-7:15	<b>Kick Fusion</b> 6:30-7:15	Zumba® 6:30-7:15	<b>Pop Pilates</b> 6:30-7:15		

**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

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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.
- **KICK FUSION:** 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.
- **BODY BLAST:** Get ready for a high-energy workout that combines strengths and cardio 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.
- **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.

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