



SALEEBY FAMILY BRANCH

Group Fitness Schedule

July 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		Aqua Bootcamp 11:00-11:45		Aqua Bootcamp 11:00-11:45	SALEEBY SUMMER CHALLENGE 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	Body Blast 8:30-9:15	Cycle 8:30-9:15	HIIT Step 8:30-9:15	Cycle 8:30-9:15	Yogalates 8:30-9:15	
9:30 AM	Cardio Barre 9:30-10:15	Active Together 9:30-10:15	Core Fusion 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		Virtual Gentle Yoga 10:30-11:15	Dance Fitness 10:30-11:15	Tone and Stretch 10:30-11:15
12:00 PM		Teens Hiit & Agility 12:30-1:15	Teens Core & More 11:15-12:00	Teens Strength Training 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	Happy 4th July! We will be closed in observance of Independence Day! Wishing you a safe and joyful holiday!	
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 | Wed 10:30 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 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.
- **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.
- **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.
- **GENTLE 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!
- **YOGALATES:** A fun mix of yoga and pilates fusion to sculpt and strengthen your muscles.
- **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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