



# SALEEBY FAMILY BRANCH

## Group Fitness Schedule

March 2026

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](http://ymcaofthesandhills.org/Wellness & Events). All Aqua, Cycle, and Active Together classes require an **RSVP** on the **Y360 app**.

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 Tabata 11:00-11:45	<b>Rise &amp; Grind</b> <b>8 -Week Challenge</b> <b>Small group training lead by our personal trainers. Registration ends on March 6th.</b>	
6:30 PM	Aqua Tabata 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	Kickbox Fusion 8:30-9:15	Cycle 8:30-9:15	HIIT Step 8:30-9:15	Cycle 8:30-9:15	Bodypump Heavy™ 8:30-9:15	
9:30 AM	Pop Pilates 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	Bodypump Heavy™ 5:30-6:15	Butts & Guts 5:30-6:15	Cycle 5:30-6:15	FitBeat Fusion 5:30-6:15	<b>Parents' Night Out</b> <b>Fri March 20th, 6:30-9:00pm.</b> <b>Bring the family for dancing, crafts and fun! Register now!</b>	
6:30 PM	Zumba® 6:30-7:15	Kickbox Fusion 6:30-7:15	Dance & Tone 6:30-7:15	Yoga 6:30-7:15		

**INTRO TO EQUIPMENT**  
Mon 9:30 am | Thu 10:00 am | Mon, Wed, Thu 5:00-6:30 pm

**PERSONAL TRAINING:** 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 TABATA:** Fast-paced water workout using Tabata intervals to boost cardio and strength with low-impact resistance in the pool.
- **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. Great for healthy aging, deconditioned or beginners.
- **BODYPUMP HEAVY:** High-intensity strength training class designed to build muscle and increase overall strength using barbell and weighted plates.
- **BUTTS & GUTTS:** High-energy strength class focused on toning and strengthening your core, glutes, and lower body.
- **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.
- **DANCE & TONE:** High energy class, easy to follow dance moves with strength and toning exercises to improve cardio fitness, balance, and overall muscle tone.
- **FITBEAT FUSION:** High energy class that blends fun dance cardio with strength training for a full-body workout set to upbeat music.
- **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.
- **CORE & MORE:** Fitness class that combines core-strengthening exercises with dynamic movements to boost strength, flexibility, and overall fitness.
- **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
- **POP PILATES:** High-energy, music-driven mat workout that combines Pilates principles with upbeat pop hits to strengthen your core, sculpt muscles, and boost flexibility.
- **STRETCH & BALANCE:** Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement.
- **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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