

NO MATTER YOUR GOALS YOU BELONG AT THE Y.

Take the first step towards a healthier you and become a member of the Y today!



SPRING SCHEDULE 2022 - Effective 01, May

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM	Aqua Fit 8:30-9:15		Aqua Fit 8:30-9:15		Aqua Fit 8:30-9:15	
	Strength Conditioning 8:30-9:15	Cycle 8:30-9:15	Instructors Choice (new) 8:30-9:15	Cycle 8:30-9:15	Core Fusion 8:30-9:15	Total Body Blast 8:45-9:15
9:30 AM	CardioKickboxing /Pilates Fusion 9:30-10:15	Active Together 9:30-10:15	Barre Fusion 9:30-10:15	Active Together 9:30-10:15	Cardio & Strength 9:30-10:15	Zumba® 9:30-10:15
10:30 AM		Zumba® 10:30-11:15		Zumba® 10:30-11:15	Yoga 10:30-11:15	Yoga 10:30-11:30
5:30 PM	Pure Strength 5:30-5:55	Cycle 5:30-6:15	Core Blast 5:30-5:55	Cycle MAX 5:30-6:15	WELLNESS TRAINING AOA May "Fiesta Theme" Social Thu, 19th Need Wellness Equipment Orientation? Join us every Mon-Fri 9:30am Mon & Wed 10am Mon 5:30pm. Stop by the Wellness desk and meet your Wellness Y Coach. Interested in Personal Coaching? Email: Saleeby.Wellness@ymcaofthesandhills.org Wellness Coordinator: Koni Perodeau Koni.Perodeau@ymcaofthesandhills.org	
6:00 PM	Core Blast 6:00-6:20	Circuit 5:45-6:15 PM (Wellness Area) *10max	Upper Strength 6:00-6:20			
6:30 PM	Zumba® 6:30-7:15	Cardio & Strength 6:30-7:15	Zumba® 6:30-7:15	Barre Fusion 6:30-7:15		
	Aqua Fit 6:30-7:15		Aqua Fit 6:30-7:15			

Fayetteville Branch
2717 Fort Bragg Rd
Fayetteville, NC 28303
P: (910) 426-9622, Option 1

Hope Mills
3910 Ellison St Ste D
Hope Mills, NC 28348
P: (910) 426-9622, Option 2

Saleeby Family
107 Carletta Cagle Dr
Cameron, NC 28326
P: (910) 426-9622, Option 4



FB: SANDHILLS YMCA

All Branch Hours

Monday - Thursday 5:30 am - 9:00 pm | Friday 5:30 am - 8:00 pm | Saturday 8:00 am - 2:00 pm | Sunday 1:00 pm - 5:00 pm

Kids Care Saleeby Hours

Monday - Saturday: 8:00 am - 12:00 pm
Monday - Thursday: 4:00 pm - 8:00 pm



Our Mission is to Put Christian Principles into Practice Through Programs that Build Healthy Spirit, Mind & Body for ALL

CLASS DESCRIPTION

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. We are more than a class, Y TOGETHER.

AQUA FIT: Get moving through interval training and balancing practices all in a no-impact/non-weight bearing environment that is easy on your knees, ankles, and hips. Water shoes are recommended and full submergence is not required.

BARRE FUSION: Blending light and low impact cardio, pilates, barre, athletic and toning to give you a full body cardio and strength workout. Barefoot training is the preferred method.

CARDIO KICKBOXING/PILATES BURN: 30-30 and train in cardio kickboxing then lengthen and strengthen moving to Pilates inspired exercises. This is a Pilates fusion and not Classical or Traditional Pilates class.

CARDIO & STRENGTH: This class delivers a fun-packed combo of choreographed and/or athletic drills and foundational strength training for a full-body workout that leaves you feeling good, smiling and excited to come back for more. Cardio, Strength Interval Training.

CORE FUSION/BLAST: Pilates inspired moves and functional training that will tone, sculpt and improve your body's overall functional strength, posture, balance and coordination.

CYCLE & CYCLE MAX: Each class is unique, as instructors draw on their own training and experiences to bring these cardio focused classes to a fun and athletic training. Want to train in HIT level, Cycle Max is your training. Coaches will be coaching off the bike to motivate, inspire and guide you to the next level.

STRENGTH/UPPER STRENGTH: Strength conditioning with a strong emphasis on proper form. Build major muscle groups for positive strength.

STRONG NATION: High Intensity Interval Training choreographed synced to the music.

TOTAL BODY BLAST: High Intensity Interval Training Strength & Athletic functional exercises to the next level.

YOGA: Slow, meditative, dynamic and challenging Vinyasa-style that participants are guided by the teachers instruction throughout the experience.

ZUMBA: Dance-fitness program that involves cardio and Latin-World inspired dance. Get fit, stay fit and burn calories while having fun.