



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMER 2021 (June-August)
SALEEBY GROUP FITNESS SCHEDULE

STRONG

IN SPIRIT, MIND, AND BODY



Group Fitness Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15am		Cycle		Cycle		
8:30am	Cardio Kickboxing		Strong Nation™			Strong Nation™
9:15am		Piloxing® Barre		Pilates Fusion		
9:30am	Strength		Zumba®		Cardio & Strength	Zumba®
10:30am		Active Together (AOA) 10:15am new start time 7/6/21	Yogalates	Active Together (AOA) 10:15am new start time 7/6/21		Yoga
5:30pm	Cycle		Cycle			
6:30pm	Zumba®	Cardio & Strength	Zumba®	Piloxing® Barre		

Aqua Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am	Aqua Fit		Aqua Circuit/Interval		Aqua Fit	
6:30pm	Aqua Blast		Aqua Blast			



FB: SANDHILLS YMCA



ONLINE GROUP FITNESS SCHEDULE

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

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

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