



SUMMER 2021 (June-August)
SALEEBY GROUP FITNESS SCHEDULE

STRONG

IN SPIRIT, MIND, AND BODY



Group Fitness Classes						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM	Kickboxing	Cycle <i>(new time)</i>	Strength/Strong30 (HIIT/Weights)	Cycle <i>(new time)</i>		Strength/Strong30 (HIIT/Weights)
9:30 AM	Strength	Piloxing® Barre <i>(new time)</i>	Zumba®	Mat Pilates <i>(new time)</i>	Cardio & Strength	Zumba®
10:15 AM		Active Together (Active Older Adult)		Active Together (Active Older Adult)		
10:30 AM			Yogalates			Yoga
5:30 PM	Cycle		Cycle		AMP YOUR FITNESS RESULT Need fitness guidance? Want to amp your fitness training? Get Fit is a group functional fitness training. Email Tristen.Menslage@ymcaofthesandhills.org for more information. Wellness Inquiry: Email Koni.Perodeau@ymcaofthesandhills.org Wellness Coordinator	
6:30 PM	Zumba®	Cardio & Strength	Zumba®	Piloxing® Barre		

Aqua Fitness Classes						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 - 9:15 AM	Aqua Fit		Aqua Circuit/Interval		Aqua Fit	
6:30 - 7:15 PM	Aqua Blast		Aqua Blast			



FB: SANDHILLS YMCA



ONLINE GROUP FITNESS SCHEDULE

<p>Our Mission is to Put Christian Principles into Practice Through Programs that Build Healthy Spirit, Mind & Body for ALL</p>		
<p>Fayetteville Branch 2717 Fort Bragg Rd Fayetteville, NC 28303 P: (910) 426-9622, Option 1</p>	<p>Hope Mills 3910 Ellison St Ste D Hope Mills, NC 28348 P: (910) 426-9622, Option 2</p>	<p>Saleeby Family 107 Carletta Cagle Dr Cameron, NC 28326 P: (910) 426-9622, Option 4</p>
<p>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</p>		<p>Kids Care Saleeby Hours Monday - Saturday: 8:00am - 12:00 pm Monday - Thursday: 4:00 pm - 8:00 pm</p>