



FALL SCHEDULE (effective 10/04/21)
SALEEBY GROUP FITNESS SCHEDULE

STRONG

IN SPIRIT, MIND, AND BODY



Group Fitness Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM	Strength Conditioning	Cycle	StrongNation	Cycle	Core Fusion (pilates, toning, functional)	
9:30 AM	CardioKickboxing /Pilates Burn	Active Together (Active Older Adult)	Barre Fusion (barre,pilates & toning)	Active Together (Active Older Adult)	Cardio & Strength Conditioning	Zumba®
	Wellness Orientation		Wellness Orientation		Wellness Orientation	
10:30 AM	Yoga (new class)	Zumba®	Yoga (new class)	Zumba®		Yoga
					OCTOBER EVENTS Saturday, October 30th Zumbathon Party in Pink 9:00AM-12:00 PM Let's move for the cause! Thursday, October 21st AOA Social Party CIRCUIT 30 TRAINING Wed 8:15am & 9:00am Wellness Area (10max) WELLNESS INQUIRY: Email Koni.Perodeau@ymcaofthesandhills.org Wellness Coordinator	
5:30 PM	Cycle		Cycle			
5:45 PM	Wellness Orientation	Family Fun Bootcamp (new class)				
6:30 PM	Zumba®	Cardio & Strength	Zumba®	Barre Fusion		

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			

TOGETHER WE CAN BUILD A BETTER US
When you donate to the Y, you're supporting programs and services that help strengthen your community. Give for a better us.
 The Y. For a better us.™

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daxko mobile
 ONLINE SCHEDULE

PARTY IN PINK™ ZUMBATHON
 Saturday, October 30th @Saleeby Branch
 9:00am - 12:00pm
 \$10 donations

friends don't let friends fight alone

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