

GROUP EXERCISE CLASS DESCRIPTIONS

CARDIO

Group Cycling Indoor cycle class on stationary bikes that includes a variety of techniques & skills to provide a high energy cardio workout. Reservation required. You must be 16 & up to ride.

STRENGTH

Strength Fusion Sculpt your entire body using a variety of equipment & exercises with an emphasis on strength & balance.

Core Conditioning Core strengthening focused class that incorporates full body toning and stretching exercises. Proper breathing and flexibility are key portions of these classes.

Muscle Pump Strength training class that works the whole body using dumbbells and barbells and bars to develop muscular strength and endurance in this musically based format.

CARDIO / STRENGTH

Athletic Conditioning Cardio, strength, balance, & plyometric drills, plus core work designed to improve performance in athletics as well as everyday activities. Functional fitness at its best!

Core De Force class is much more than a typical cardio class. It's an empowering, core-focused workout, inspired by the highest octane sport in the world-mixed martial arts. Class uses bodyweight only for strength movements. All levels welcome

Low Impact Fitness This class focuses on cardio, strength, and flexibility exercises appropriate for active older adults. Friday the class format is typically using stability balls, and Monday is more strength.

Tabata & Core High intensity interval training alternating cycles of 20 seconds of maximum effort with 10 seconds of rest. This 45 min class includes a 15 minute core component.

TRX® Suspension Training bodyweight exercise develops strength, balance, flexibility & core stability simultaneously.

DANCE

Zumba® Latin-inspired dance class that incorporates international & pop music, creating a dynamic, exciting, & effective workout. **Zumba® Gold** is a no-impact offering.

Hip Hop Fitness A dance-based cardio & toning program that blends various hip hop & dancehall moves to strengthen the core & lower body. Dance to the hottest hits while getting fit & having fun!

The Groove: Simple moves to great music - dance YOUR way! This mind-body dance class proves everyone can dance and love it! Ages 12+

MIND/BODY

Vinyasa Yoga Students focus on linking conscious breath with a mindful flow, awakening their strength, energy, & flexibility.

Power Yoga An active yoga style that moves more quickly through poses building heat, strength & flexibility. Poses are linked together with vinyasa. Expect to sweat!

Restorative Yoga work with props to achieve postures that are restful & meditative. Poses are held for longer, & movement is slow & intentional. Great for beginners, those seeking relaxation, or participants with joint & mobility limitations.

Gentle Yoga A class with a more gentle approach to yoga. Class will work through a series of gentle postures with a focus on breathing techniques.

Pilates Incorporates core training, stretching, & proper breathing techniques for a full body workout. NOTE: Please let your instructor know if you have osteopenia/osteoporosis.

Kid's Classes Will be a special offering during the month, best suited for kid's ages 5-9 years old. They will need to be signed into Child Watch and then can be taken to class and back to Child Watch after.

How to register for √ classes: Go to ymcawnc.org. Click "Schedules" at the top of the page. Click "Group Exercise Button." Set location by the drop down menu. Click the "Sign Up" button. Click the "Create a Login" tab, enter the appropriate fields, and click "Register." Click the blue "log in" button. Use your email address and password to log in. Click "reserve a spot."



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

FERGUSON FAMILY YMCA

MARCH 2019

This Month at Your Y.....

- **Get in the Game Challenge**
Challenge yourself and your team! Earn points for each workout, coaching connection appointment, workshop, and more.
- **Couch to 5K**
The program includes a weekly workshop on Monday's with Steve Brookner, as well as a 6 week training plan including 4 weekly workouts (three runs and one non-running workout to complete on your own), and a weekly opportunity to run outside with your coach. Sign up at the Front Desk.
- **Rock Your Workout with POUND!**
Channel your inner rockstar with this full body cardio and strength building session inspired by the infectious and energizing fun of playing the drums!
- **Parent's Night Out**
March 15th | 4:15-8pm
Enjoy a night out while the kids hang out with us! Register with the Front Desk.

FACILITY HOURS

Mon-Thurs	5:30am - 9:00pm
Fri	5:30am - 8:00pm
Sat	8:00am - 6:00pm
Sun	1:00pm - 6:00pm

YOUTH DEVELOPMENT HOURS

Mon-Fri	8:00am - 12:00pm 4:00pm - 8:00pm
Sat	8:00am - 12:00pm
Sun	1:30-5:30 pm

Ferguson Family YMCA
31 Westridge Marketplace
Candler, NC 28715
828 575-2940 • ymcawnc.org



FERGUSON FAMILY YMCA

GROUP EXERCISE SCHEDULE

2019 | MARCH

- New to Group Exercise Class
- ✓ Reservation May be Required
- ! High Intensity/Experienced Exercisers
- ∞ Kids Class/ Family Friendly
- + New Class or Class change

S Studio **CS** Cycle Studio
FFR Functional Fitness Room
MPR Multi-Purpose Room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00a-6:45a Strength Fusion Janice Hyder S	5:45a-6:45a ✓ Group Cycle Steve Brookner CS	6:15a-7:15a Core de Force Blake Moore S	5:45a-6:45a ✓ Group Cycle Steve Brookner CS	8:30a-9:20a Gentle Flow Yoga Sascha Frowine S	8:15a-9:05a ∞ Zumba Yliana / Gina S	
7:00a-7:30a STRENGTH Express Linda Rettig S	8:30a-9:15a Tabata and Core Cynthia Camp S	8:15a-9:20a Vinyasa Yoga Rene Catano S	8:30a-9:15a Tabata and Core Cynthia Camp S	8:15a-9:00a ✓ Cycle 45 Mike Stanton CS	8:15a-9:00a ✓ Cycle 45 Shonna Campbell CS	
7:35a-8:15a CORE Conditioning Linda Rettig S	9:15a-10:15a ✓ Group Cycle Steve Brookner CS	9:15a-10:15a ✓ Group Cycle Caitlin Smits CS	9:15a-10:15a ✓ Group Cycle Steve Brookner CS	9:15a-10:15a ✓ Group Cycle Mike Stanton CS	8:30a-9:00a ∞ Kids Yoga Jodi Eubanks MPR	
8:15a-9:00a ✓ Cycle 45 Mike Stanton CS	9:30a-10:20a Flow Yoga Jackaline Stallings S	9:30a-10:20a ∞ Hip Hop Fitness Katie Nix S	9:30a-10:20a Gentle Flow Yoga Sascha Frowine S	9:30a-10:20a Restorative Yoga (Chair) Sascha Frowine MPR	9:15a-10:30a Power Yoga Jodi Eubanks S	
8:30a-9:20a Gentle Flow Yoga Sascha Frowine S	10:30a-11:15a ✓ TRX Ted Smith FFR	10:30a-11:15a ✓ TRX Ted Smith FFR	10:30p-11:15a ✓ TRX Ted Smith FFR	9:45a-10:15a STRENGTH Express Cherie Montou S	9:15a-10:15a ✓ Group Cycle Steve B./ Caitlin Smits CS	2:00p-3:00p Vinyasa Yoga Kristina Breidenstein
9:15a-10:15a ✓ Group Cycle Mike Stanton CS	10:30a-11:20a ∞ Zumba Katie Nix S	10:30a-11:20a Zumba Gold Becky Eatmon S	10:30a-11:20 ∞ + Zumba Gina Cornejo S	10:20a-10:50a CORE Express Cherie Montou S	11:00a-11:50a Low Impact Fitness Janice Hyder S	3:15p-4:05p ∞ Zumba Erica Young / Katie Nix S
9:30a-10:20a Restorative Yoga (Chair) Sascha Frowine MPR				10:30a-11:15a ✓ TRX Mike Stanton FFR		
9:30a-10:20a ∞ + Hip Hop Fitness Katie Nix S				11:00a-11:50a Low Impact Fitness Janice Hyder S		
10:30a-11:15a ✓ TRX Mike Stanton FFR						
11:00a-11:50a + Low Impact Fitness Janice Hyder S	4:15p-5:00p + Athletic Conditioning Ted Smith S				Free Weekend Meals for Kids 11am-1pm Every Saturday	
	5:15p-6:15p Power Yoga Staff S	4:15p-5:15p Pilates Stacey Uria S	4:15p-5:05p Zumba Gold Becky Eatmon S			
4:30p-5:15p ✓ TRX Nadja Gustafson FFR	5:30p-6:30p ✓ Group Cycle Steve Brookner CS	5:30p-6:15p Tabata and Core Steve Brookner S	5:30p-6:30p ✓ Group Cycle Steve Brookner CS	6:00p-7:00p • + The Groove Jodi Eubanks S		
5:30p-6:20p ∞ Zumba Therese Lavalley S	6:30p-7:30p Strength Fusion Tammy Cox S	6:00p-7:00p ✓ Group Cycle Tammy Cox CS	5:30p-6:20p ∞ Hip Hop Fitness Kim Lanzarotta S			
6:30p-7:30p Vinyasa Yoga Gina Cornejo MPR	6:45p-7:45p ∞ Zumba Kim Lanzarotta MPR	6:30p-7:30p Vinyasa Yoga Jodi Eubanks MPR	6:30p-7:30p Strength Fusion Tammy Cox S			

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updates and Ferguson Family
YMCA happenings!!**