

# GROUP EXERCISE CLASS DESCRIPTIONS

## CARDIO / STRENGTH

**Athletic Conditioning** A cross training workout that combines movements from various sports, boot camp drills, muscle conditioning, and functional movements to improve cardio and muscular endurance and agility.

**Barre** Taking the hottest trend in dance-inspired conditioning, ballet barre training, and using “make-sense progressions” to create a format suitable for every level of exerciser. BARRE is a full-body workout like no other. No dance experience or pink tights required!

**BODYCOMBAT™** high-energy martial arts-inspired workout that is totally non-contact. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Punch and kick your way to fitness.

**BODYPUMP™** THE ORIGINAL BARBELL CLASS, and the ideal workout for anyone looking to develop lean muscle and get fit fast! Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout.

**Core Conditioning** A muscle toning class that focuses on your core through trunk stability and strength training exercises.

**Cycle** Indoor cycle class on stationary bikes that includes a variety of techniques & skills to provide a high energy cardio workout.

**Low Impact Fitness** Enjoy fun, low-impact exercise as you move through a variety of exercises designed to be easier on your joints and bones. Increase your muscular strength and range of movement as well as your cardiovascular fitness, helping with everyday activities!

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

**TRX®** Total Body Resistance Exercise training uses your bodyweight and TRX straps to challenge your entire body with exercises designed to develop strength, balance, flexibility & core stability simultaneously.

## MIND / BODY

**Gentle Yoga** A gentle class for anyone looking for a relaxing practice incorporating stretching, breathing and balance.

**Meditation** focuses on the numerous benefits of Meditating for our overall well-being in mind, body and spirit, which can ultimately enhance our happiness and equanimity. Various modalities will be explored in this class including silent meditation, point-of-focus meditation, and guided meditation techniques. All “levels” of meditation practitioners from those with no experience to advanced, are welcome.

**Pilates** A mind body exercise evolved from the principles of Joseph Pilates. This conditioning program incorporates strengthening, toning and stretching exercises for a full body workout. Proper breathing techniques, core training, and flexibility are key portions of these classes.

**Slow Flow Yoga** a slower pace class where you will learn to combine breathing, flowing postures and meditation in this gentle, but deep approach to Vinyasa yoga.

**Tai Chi for Arthritis** In this class, you will have a chance to improve balance, mobility, pain, and mental health. While focused on arthritis improvement, this class is open to anyone who wishes to start a Tai Chi practice.

**Vinyasa Yoga** students will focus on linking conscious breath with mindful movement, awakening their energy and flexibility. A number of postures will be practiced, with a focus on moving gracefully from one pose to the next. Intensity level set by instructor and all poses modifiable.

**DANCE**

**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!

**Zumba®** Latin inspired dance class that incorporates international and pop music creating a dynamic, exciting, and effective workout.

## KIDS

**Kid Fit (ages 4+)** Get your kids moving and active while having fun, incorporating basic aerobic exercises, games, and physical activities to get their hearts pumping and interests engaged.

**Kids Yoga (ages 6+)** In this class, your child can tame their “inner animal” by practicing traditional Yoga poses, relaxation, meditation, and breathing techniques. This class will also help kids learn to move with focused energy in a fun and nurturing environment.

**PAID PROGRAMS**

**Ferguson Fit** 18-week falls prevention exercise program that improves endurance, strength, balance, and flexibility. Designed to reduce arthritis symptoms with safe, low impact exercises led by certified instructors in a relaxed atmosphere that promotes fun, laughter, friendship, and smiles! In-person and via ZOOM. Register at front desk. \$180 members / \$245 non-members.

**Rock Steady Boxing** 12-week Parkinson's wellness recovery program designed to help maintain or restore skills that deteriorate and interfere with everyday movements. Exercises are largely adapted from boxing drills that focus on optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to challenge the participant. Register at front desk. \$125 members / \$150 non-members.

**Youth Ballet**

Our youth ballet programming focuses on the basic principles of dance, movement, coordination, balance, rhythm, and choreography. Sessions run quarterly. Next one starts March! \$125 for members / \$185 non-members.

- Creative Movement (ages 3-4)
- Introduction to Ballet (ages 5-7)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

MARCH 2024

FERGUSON FAMILY YMCA

Ferguson Family YMCA  
31 Westridge Market Place  
828-575-2940 | Ymcawnc.org

## RESERVE YOUR SPOT

Required reservations open 26 hours in advance.

Scan this code to download the mobile app and get started!



\*\*Reservation is forfeited if not present at scheduled start of class\*\*

## CENTER HOURS

Mon-Thurs	6:00 a.m. - 8:00 p.m.
Friday	6:00 a.m. - 6:00 p.m.
Saturday	8:00 a.m. - 4:00 p.m.
Sunday	10:00 a.m. - 4:00 p.m.

## CHILDCARE HOURS

Mon-Thurs	8:00 a.m. - 12:00 p.m. 4:30 p.m. - 7:30 p.m.
Fri-Sat	8:00 a.m. - 12:00 p.m.

FERGUSON GROUP EXERCISE SCHEDULE

MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 a.m. <b>Athletic Cond !</b> Linda R. - FS	6:00-7:00 a.m. <b>Cycle</b> Steve B. - CS	6:00-6:45 a.m. <b>Athletic Cond !</b> Steve B. - FS	6:00-7:00 a.m. <b>Cycle</b> Steve B. - CS	6:00-6:45 a.m. <b>Athletic Cond !</b> Steve B. - FS		
	6:00-7:00 a.m. <b>BodyPump</b> Elizabeth B. - FS		6:00-7:00 a.m. <b>BodyPump</b> Elizabeth B. - FS	8:15-9:00 a.m. <b>Natalie G. - FS</b>	8:30-9:30 a.m. <b>Cycle</b> Christina W. - CS	
8:15-9:00 a.m. <b>BodyPump</b> Corey J. - FS	8:15-9:00 a.m. <b>Barre ∞</b> Linda R. - FS	8:15-9:00 a.m. <b>BodyPump</b> Corey J. - FS	8:15-9:00 a.m. <b>Core Conditioning</b> Amy T. - FS	9:00-10:00 a.m. <b>Cycle</b> Mike S. - CS	9:00-9:45 a.m. <b>BodyPump</b> Deana C. - FS	
9:15-10:05 a.m. <b>Gentle Yoga</b> Sascha F. - FS	9:00-9:50 a.m. <b>Cycle</b> Steve B. - CS	9:15-10:05 a.m. <b>Gentle Yoga</b> Sascha F. - FS	9:00-9:50 am <b>Cycle</b> Steve B. - CS	9:15-10:05 a.m. <b>Gentle Yoga</b> Sascha F. - FS	9:00-9:45 a.m. <b>Creative Movement</b> Maddie D. - MPR <b>*PAID PROGRAM*</b> (a.3-4)	
10:15-11:05 a.m. <b>Zumba ∞</b> Jocelyn M. - FS	10:15-11:05 a.m. <b>Gentle Yoga</b> Cynthia C. - FS	9:15-10:00 a.m. <b>BodyCombat !</b> Dawn S. - MPR	10:15-11:05 a.m. <b>Slow Flow Yoga</b> Tom H. - FS	10:15-11:05 a.m. <b>Zumba ∞</b> Natalie G. - FS	10:00-10:45 a.m. <b>Youth Ballet</b> Maddie D. - MPR <b>*PAID PROGRAM*</b> (a.5-7)	
10:15-11:00 a.m. <b>TRX</b> Corey J. - CFR	10:15 - 11:00 a.m. <b>TRX</b> Steve B. - CFR	10:15-11:00 a.m. <b>TRX</b> Corey J. - CFR	10:15 - 11:00 a.m. <b>TRX</b> Steve B. - CFR	10:15-11:00 a.m. <b>TRX</b> Steve B. - CFR	10:00-10:50 a.m. <b>Hip Hop Fitness ∞</b> Deana C. - FS	10:15-11:15 a.m. <b>Slow Flow Yoga</b> Tom H. - FS
11:00-11:50 a.m. <b>Low Impact Fitness</b> Lynne F. - MPR		10:30-11:30 a.m. <b>Tai Chi for Arthritis</b> Merideth F. - MPR	11:00-11:50 a.m. <b>Low Impact Fitness</b> Lynne F. - MPR	10:30-11:30 a.m. <b>Tai Chi for Arthritis</b> Merideth F. - MPR		11:15-12:00 p.m. <b>Meditation</b> Tom H. - FS
	11:15a.m.-12:45p.m. <b>Rock Steady Boxing</b> Erica B. - FS <b>*PAID PROGRAM*</b>		11:15a.m.-12:45p.m. <b>Rock Steady Boxing</b> Erica B. - FS <b>*PAID PROGRAM*</b>		11:15 a.m.-12:45 p.m. <b>Rock Steady Boxing</b> Erica B. - FS <b>*PAID PROGRAM*</b>	
1:00-2:00 p.m. <b>Ferguson Fit</b> Lynne F. - FS <b>*PAID PROGRAM*</b>		1:00-2:00 p.m. <b>Ferguson Fit</b> Lynne F. - FS <b>*PAID PROGRAM*</b>		1:00-2:00 p.m. <b>Ferguson Fit</b> Lynne F. - FS <b>*PAID PROGRAM*</b>		
	4:15-5:00 p.m. <b>Creative Movement</b> Maddie D. - MPR <b>*PAID PROGRAM*</b> (a.3-4)					
4:30-5:15 p.m. <b>Pilates</b> Carrie J. - FS	4:30-5:15 p.m. <b>Athletic Cond !</b> Amy A. - FS	4:30-5:15 p.m. <b>Pilates</b> Hope N. - FS	4:30-5:15 p.m. <b>Athletic Cond !</b> Amy A. - FS			
	5:15-6:00 p.m. <b>Youth Ballet</b> Maddie D. - MPR <b>*PAID PROGRAM*</b> (a.5-7)	4:45-5:15 p.m. <b>KidFit (a.4+)</b> Brittany C. - CS				
	5:30-6:30 p.m. <b>Cycle</b> Amy T. - CS	5:30-6:00 p.m. <b>Kids Yoga (a.6+)</b> Brittany C. - CS	5:30-6:30 p.m. <b>Cycle</b> Amy T. - CS			
5:30-6:15 p.m. <b>Strength Fusion</b> Steve B. - FS	5:30-6:15 p.m. <b>BodyPump</b> Roxanne P. - FS	5:30-6:15 p.m. <b>Strength Fusion</b> Steve B. - FS	5:30-6:15 p.m. <b>BodyPump</b> Illyssa H. - FS			
6:30-7:30 p.m. <b>Hip Hop Fitness ∞</b> Cynthia C. - FS	6:30-7:30 p.m. <b>Hip Hop Fitness ∞</b> Kim L. - FS	6:30-7:30 p.m. <b>Vinyasa Yoga</b> Cynthia C. - FS	6:30-7:30 p.m. <b>Zumba ∞</b> Rico S. - FS			

### SCHEDULE KEY

Classes in **PURPLE** are Les Mills Classes  
Classes in **YELLOW** are new or have changed

FS Fitness Studio

MPR Multi-purpose Room

CS Cycle Studio

CFR CrossFit Room

! High Intensity

∞ Family Friendly / Kid Class

### MARCH EVENTS

3/5 **Ferguson Family YMCA Open House:** Learn about the Y's Community Outreach Programs & how you can give back! 9-11 a.m. FREE!

3/6 **Coffee & Conversation:** A Guide to Parkinson's Disease with Cynthia Camp 10:30-11:30 a.m. FREE!

3/6 **Expert Talk:** Getting Back to Activity with Low Back Pain 8-9 a.m. with Movement For Life FREE!

3/14 **Intro to Cycling** Learn how to setup your bike, basics, and positioning with Amy Trantham 10:30-11:15 a.m. FREE!

3/16 **Spring Quarter Youth Ballet Programming Begins!** Ballet for kids ages 3-7. Classes on Tues. & Saturdays. Registration required. See front desk.

3/26 **Kids Story Hour** with our Friends from Enka Candler Library 10-11 a.m. FREE! in YDC

**Kids Club** Every Mon-Fri 8:00-11:45 a.m.

**Parents Night Out** Every 2<sup>nd</sup>/4<sup>th</sup> Fri. 5:00-8:45 p.m.

**Movement For Life Injury Screens**  
Every 1st Tuesday of the month 8-9:30 a.m. FREE!