

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

BODYBALANCE™ a new generation yoga class for anyone and everyone to help improve your mind, body and life. You can expect to bend and stretch through a series of simple yoga moves with elements of Tai Chi and Pilates incorporated. Breathing control is a part of all exercises.

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 overall wellbeing 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.

Pilates evolved from the principles of Joseph Pilates, this conditioning program incorporates strengthening, toning and stretching exercises for a full body workout. Proper breathing, core training, and flexibility are key portions of this class.

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 MoAvement (ages 3-4)
- Youth Ballet (ages 5-7)



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

APRIL 2024

FERGUSON FAMILY YMCA

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

RESERVE YOUR SPOT

Required reservations for classes 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

APRIL 2024

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

APRIL EVENTS

4/6 **Intro to Rowing:** Learn the basics of rowing w/Steve B. 10:15-11:45 a.m. Register on app. FREE!

4/10 **Expert Talk:** It’s All About Balance. Wonder how it all works? Come find out! 12-1 p.m. FREE!

4/10 **Coffee & Conversation:** Hearing Loss with Aging & the Implications w/ Dr. Casey Pencek, Audiologist10:30-11:30 a.m. FREE!

4/11 **ZUMBATHON! FUNDRAISER EVENT:** Come dance & party with us for a great cause! \$20 recommended donation per ticket. All funds go to support our Annual Campaign! Thurs 6:30-7:45 p.m.

4/13 **i-Phone Photography 101:** Master the art of i-Phone Photos w/ Wendy Newman 1-3 p.m. FREE!

4/20 **Mindful Meditation:** Goal Setting w/ Cynthia Camp. 1-3 p.m. FREE!

4/20 **Healthy Kids Day** in Mills River! Join us for music, games, events & more! FREE!

4/27 **LES MILLS LAUNCH:** ALL NEW rounds of BodyCombat, BodyPump, BodyBalance Demo & RPM Saturday 8:30 a.m.-12:00 pm. FREE!

Kids Club Mon-Fri 8:00-11:45 a.m.
& NEW! Mon-Thur 4:30-7:30 p.m.

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

Movement For Life Injury Screens 1st Tuesday every month 8-9:30 a.m. FREE!