

GROUP EXERCISE CLASS DESCRIPTIONS

CARDIO / STRENGTH

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

Barre Takes the hottest trends in dance-inspired conditioning, ballet barre training & uses "make-sense progressions" to create a format suitable for every level of exerciser.

BARRE is a low, impact full-body workout. No dance experience 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 & Kung Fu. Punch & kick your way to fitness.

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

Cardio Step Whether you're new to step or an experienced stepper, this class is appropriate for all levels with fun and interesting choreography sure to challenge the mind and body.

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 a fun, low-impact workout as you move through a variety of exercises designed to be easier on your joints & bones. Increase your muscular strength & 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 Resistance Exercise training uses your bodyweight & TRX straps to challenge your entire body with exercises designed to develop strength, balance, flexibility & core stability.

MIND / BODY

BODYBALANCE™ a new generation yoga class for anyone & everyone to help improve your mind, body & life. You can expect to bend & stretch through a series of simple yoga moves with elements of Tai Chi & 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 & balance.

Meditation focuses on the numerous benefits of Meditating for overall wellbeing in mind, body & spirit. Various modalities will be explored in this class including silent meditation, point-of-focus meditation, & guided meditation techniques.

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

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

Tai Chi for Arthritis & Balance In this class, you will have a chance to improve balance, mobility, pain, & mental health. While focused on arthritis & balance 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 & flexibility. A number of postures will be practiced with a focus on moving gracefully from one pose to the next. Intensity level varies. All poses modifiable.

Yogalates is the integration of classic Pilates exercises with a focus on the core with yoga flow sequences to strengthen the entire body. Yogalates will leave you feeling stronger, longer & more flexible.

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 & pop music creating a dynamic, exciting, & effective workout.

Evidence-Based Health Intervention & Paid Programs

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

Rock Steady Boxing 12-week Parkinson's wellness recovery program designed to help maintain or restore skills that deteriorate & interfere with everyday movements. Exercises are largely adapted from boxing drills that focus on optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork & overall strength. \$125 members / \$150 non-members.

LiveStrong at the YMCA® (LSATY) FREE 12-week program for adult cancer survivors. Trained Y wellness coaches work with each participant as they transition from treatment to regaining their physical and emotional strength.

Relax & Restore (last Sat. ea. month) Step away from the busyness of your life & give yourself the gift of deep relaxation. In this restorative workshop you will be guided through gentle movement, stretching & breath practices designed to calm the mind, release physical tension & restore inner balance. No prior experience needed, just a willingness to create space to slow down.*Paid Program.

KIDS PROGRAMS
Bouncing Books Story Hour a lively, language-enrichment story time serving the birth to 18 month-old set. Features movement, music and reading with our friends from Enka-Candler Library. Parent participation required. *Occurs first Saturday of each month. FREE!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

MAY 2025

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 & 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. 3:30 p.m. – 7:30 p.m. |
| Fri-Sat | 8:00 a.m. – 12:00 p.m. |

FERGUSON GROUP EXERCISE SCHEDULE

MAY 2025

| 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! Amy T. - 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. 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. Barre ∞ Alexa W. - FS | 8:15-9:00 a.m. BodyCombat! Dawn S. - FS | 8:15-9:15 a.m. Cycle Christina W. - CS | |
| 9:15-10:00 a.m. Cycle Gillian P. - CS | 9:00-10:00 a.m. Cycle Steve B. - CS | 9:00-10:00 a.m. Cycle Steve B. - CS | 9:00-10:00 a.m. Cycle Steve B. - CS | 9:00-10:00 a.m. Cycle Mike S. - CS | | |
| 9:15-10:05 a.m. Gentle Yoga Sascha F. - FS | 9:15-10:00 a.m. BodyBalance Dawn S. - FS | 9:15-10:05 a.m. Gentle Yoga Sascha F. - FS | 9:15-10:00 a.m. BodyBalance Dawn S. - FS | 9:15-10:05 a.m. Gentle Yoga Sascha F. - FS | 9:15-10:00 a.m. BodyPump Staff Rotation- FS | |
| 10:15-11:00 a.m. TRX Corey J. - CFR | 10:15 - 11:00 a.m. TRX Steve B. - CFR | 9:15-10:00 a.m. BodyCombat! Dawn S. - MPR | 10:15 - 11:00 a.m. TRX Steve B. - CFR | 9:15-10:05 a.m. Yogalates Gillian P. - MPR NEW! | 9:30-10:30 a.m. Relax & Restore Gillian P. - MPR NEW! *PAID PROGRAM* - last Sat. of ea. month | 10:15-11:00 a.m. Strength Fusion Shelley N. - FS |
| 10:15-11:05 a.m. Zumba ∞ Deborah P. - FS | 10:15-11:05 a.m. Gentle Yoga Cynthia C. - FS | 10:15-11:00 a.m. TRX Corey J. - CFR | 10:15-11:05 a.m. Slow Flow Yoga Tom H. - MPR | 10:15-11:00 a.m. TRX Gillian P. - CFR | 10:15-11:05 a.m. Hip Hop Fitness ∞ Deana C. - FS | 10:15-11:15 a.m. Slow Flow Yoga Tom H. - MPR |
| 11:15 a.m.-12:05 p.m. Low Impact Fitness Lynne F. - FS | | 10:15-11:05 a.m. Zumba ∞ Miguel F. - FS | 10:15 a.m.-11:05 p.m. Low Impact Fitness Lynne F. - FS | 10:15-11:05 a.m. Zumba ∞ Lena S. - FS | 11:00 a.m.-12:00 p.m. Bouncing Books ∞ E/C Library Staff - MPR *1st Sat. of ea. month | 11:30 a.m.-12:00 p.m. Meditation Tom H. - MPR |
| | 11:15a.m.-12:45p.m. Rock Steady Boxing Erica B. - FS *PAID PROGRAM | 10:30 a.m.-11:30 a.m. Tai Chi-Arthritis & Balance Merideth F. - MPR | 11:15a.m.-12:45p.m. Rock Steady Boxing Erica B. - FS *PAID PROGRAM* | 10:30 a.m.-11:30 a.m. Tai Chi-Arthritis & Balance Merideth F. - MPR | | |
| 1:00-2:00 p.m. Ferguson Fit Lynne F. - FS *PAID PROGRAM* | 1:00-2:30 p.m. LSATY Lynne F. - FS *PAID PROGRAM* | 1:00-2:00 p.m. Ferguson Fit Lynne F. - FS *PAID PROGRAM* | 1:00-2:30 p.m. LSATY Lynne F. - FS *PAID PROGRAM* | 1:00-2:00 p.m. Ferguson Fit Lynne F. - FS *PAID PROGRAM* | <div> VIRTUAL GROUP EX Workout ANYWHERE ANYTIME!  </div> | |
| 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 | | | |
| 5:30-6:30 p.m. Cycle Bekah H. - 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. Cardio Step Julie N. - FS | 5:30-6:30 p.m. Cycle Amy T. - CS | | | |
| 6:30-7:30 p.m. Vinyasa Yoga Cynthia C. - FS | 6:30-7:30 p.m. Hip Hop Fitness ∞ Kim L. - FS | 6:30-7:30 p.m. Vinyasa Yoga Cynthia C. - FS | 5:30-6:30 p.m. BodyPump Illysa H. - FS | | | |

SCHEDULE KEY

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

FS Fitness Studio CS Cycle Studio
MPR Multi-purpose Room CFR CrossFit Room
‡ High Intensity ∞ Family Friendly / Kid Class

MAY EVENTS

Tues. 5/6 @ 8-9:20am MFL FREE INJURY SCREENS
Thurs. 5/15 DINE & DONATE! with Galactic Pizza.
20% of proceeds will be donated to the Ys financial assistance program
Sat. 5/24 @ 9am MEMORIAL MURPH WORKOUT!
Wed. 5/28 @ 11:45am-12:45pm MFL EXPERT TALK:
Sleep & the Musculoskeletal System
Sat. 5/31 @ 9:30-10:30am RELAX & RESTORE
with Gillian last Saturday each month

FOR THE KIDS

Sat. 5/3 @ 11am-12pm BOUNCING BOOKS with our friends from Enka-Candler Library. Occurs the first Saturday of each month!
CAMP KIDDOS REGISTRATION FOR SUMMER NOW OPEN! 1/2 Day Summer Camps for ages 3-5
KIDS CLUB Every Mon-Fri 8:00-11:45 am AND Mon.-Thurs. 3:30-7:15 pm
PARENT'S NIGHT OUT 2nd/4th Fri. 5:00-8:45 pm at Ferguson Family YMCA. Parents - Don't forget your FREE Quarterly PNO!