

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. 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 & 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** a fun, low-impact workout that provides a variety of exercises designed to be easier on your joints & bones. Increase muscular strength, range of motion & overall 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.

DANCE

**Hip Hop Fitness** dance-based cardio & toning program that blends various hip hop & dancehall moves to strengthen the core & lower body while having a great time dancing!

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

MIND / BODY

**BODYBALANCE™** a new generation yoga class for anyone & everyone to help improve your mind, body & life. Bend & stretch through a series of simple yoga moves with elements of Tai Chi & Pilates incorporated.

**Gentle Yoga** A gentle class for anyone looking for a relaxing practice with a focus on stretching, breathing & balance.

**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.

EBHI (EVIDENCE-BASED HEALTH INTERVENTION) & PAID PROGRAMS

**Advanced Tai Chi (1st Monday each month)** Designed for experienced Tai Chi practitioners, this workshop focuses on learning & refining the 24-form (Yang-style) Tai Chi sequence. Deepen your understanding of form, flow, & technique while improving balance, coordination, & mental focus. Each session builds on the last, offering progressive instruction & opportunities for personal growth in a supportive environment\* Paid Program.

**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! \*Paid program.

**Pedaling For Parkinson's (P4P)** is an indoor group cycling program run twice a week for 6 weeks. Led by a trained instructor, P4P provides a monitored & safe exercise program using stationary bikes. P4P participants report improved balance, increased strength, reduction of symptoms & better sleep habits. Class meets in person. \*Paid program.

**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 & focus on optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork & overall strength.. \*Paid program.

**LIFT MOR** Lifting Intervention for Training Muscle & Osteoporosis Rehab focuses on using high-intensity resistance & impact training to improve bone density & muscular strength. 6 wks \*Paid program.

**Fall Bootcamp** Kick-off the Fall season with this energizing small group training series that combines strength training, cardio, and core work to help you meet your goals. Get stronger together this season! All fitness levels are welcome. 6 wks \*Paid program.

KIDS PROGRAMS

**Bouncing Books Story Hour** a lively, language-enrichment story time featuring movement, music and reading with our friends from Enka-Candler Library. Parent participation required. \*Occurs first Saturday of each month. FREE!

**Teen Strength & Conditioning** Students age 13-18 will be supervised by a trainer & given direction on form & exercises using barbells, kettlebells, dumbbells & bodyweight. FREE!

**Creative Movement (ages 3-7) & Youth Ballet (ages 5-7)** Our youth ballet programming focuses on the basic principles of dance, movement, coordination, balance, rhythm, & choreography. \*12 wks paid program meets 1x weekly on Tuesdays.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

SEPTEMBER 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

## SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 a.m. <b>Athletic Cond</b> Linda R. - FS (I)	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 (I)	6:00-7:00 a.m. <b>Cycle</b> Steve B. - CS	6:00-6:45 a.m. <b>Athletic Cond</b> Amy T. - FS (I)		
7:00-8:00 a.m. <b>Vinyasa Yoga</b> Be Kah H. - FS <b>NEW!</b>	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>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>Barre ∞</b> Alexa W. - FS	8:15-9:00 a.m. <b>BodyCombat</b> Dawn S. - FS (I)	8:15-9:15 a.m. <b>Cycle</b> Christina W. - CS	
8:15-9:05 a.m. <b>Yogalates</b> Gillian P. - MPR	9:00-10:00 a.m. <b>Cycle</b> Steve B. - CS	9:00-10:00 a.m. <b>Cycle</b> Steve B. - CS	9:00-10:00 a.m. <b>Cycle</b> Steve B. - CS	9:15-10:15 a.m. <b>Cycle</b> Mike S. - CS		
9:15-10:00 a.m. <b>Cycle</b> Gillian P. - CS	9:15-10:00 a.m. <b>BodyBalance</b> Dawn S. - FS	9:15-10:05 a.m. <b>Gentle Yoga</b> Sascha F. - FS	9:15-10:00 a.m. <b>BodyBalance</b> Dawn S. - FS	9:15-10:05 a.m. <b>Gentle Yoga</b> Sascha F. - FS	9:15-10:00 a.m. <b>BodyPump</b> Katie K. - FS	
9:15-10:05 a.m. <b>Gentle Yoga</b> Sascha F. - FS	10:15 - 11:00 a.m. <b>TRX</b> Steve B. - CFR	9:15-10:00 a.m. <b>BodyCombat</b> Dawn S. - MPR (I)	10:15 - 11:00 a.m. <b>TRX</b> Steve B. - CFR	9:15-10:05 a.m. <b>Yogalates</b> Gillian P. - MPR	9:30-10:30 a.m. <b>First Steps Line Dancing</b> Steve/Christina - MPR	
10:00-11:00 a.m. <b>Advanced Tai Chi</b> Merideth F. - MPR <i>1st Mon. each month</i>	10:15-11:05 a.m. <b>Gentle Yoga</b> Cynthia C. - FS	10:15-11:00 a.m. <b>TRX</b> Corey J. - CFR	10:15-11:05 a.m. <b>Slow Flow Yoga</b> Tom H. - MPR	10:15-11:00 a.m. <b>TRX</b> Gillian P. - CFR	10:15-11:05 a.m. <b>Hip Hop Fitness ∞</b> Deana/Laura - FS	10:15-11:00 a.m. <b>Strength Fusion</b> Shelley N. - FS
10:15-11:00 a.m. <b>TRX</b> Corey J. - CFR	11:15 a.m.-12:00 p.m. <b>LIFTMOR</b> Mandy M. - CFR	10:15-11:05 a.m. <b>Zumba ∞</b> Miguel F. - FS	10:15 a.m.-11:05 p.m. <b>Low Impact Fitness</b> Lynne F. - FS	10:15-11:05 a.m. <b>Zumba ∞</b> Lena S. - FS	10:30-11:15 a.m. <b>Fall Bootcamp</b> Kathleen C. - CFR	10:15-11:30 a.m. <b>Slow Flow Yoga</b> Tom H. - MPR
10:15-11:05 a.m. <b>Zumba ∞</b> Deborah P. - FS	11:15 a.m.-12:45 p.m. <b>Rock Steady Boxing</b> Erica B. - FS	10:30 a.m.-11:30 a.m. <b>Tai Chi-Arthritis &amp; Balance</b> Merideth F. - MPR	11:15 a.m.-12:00 p.m. <b>LIFTMOR</b> Mandy M. - CFR	10:30 a.m.-11:30 a.m. <b>Tai Chi-Arthritis &amp; Balance</b> Merideth F. - MPR		
10:15-11:05 a.m. <b>Pedaling for Parkinson's</b> Gillian P. - FS	4:30-5:00 p.m. <b>Creative Movement</b> Danielle C. - MPR (ages 3-4)		11:15 a.m.-12:45 p.m. <b>Rock Steady Boxing</b> Erica B. - FS		11:00 a.m.-12:00 p.m. <b>Bouncing Books ∞</b> E/C Library Staff - MPR <i>*1st Sat. of ea. month</i>	
11:15 a.m.-12:05 p.m. <b>Low Impact Fitness</b> Lynne F. - FS	5:15-6:00 p.m. <b>Youth Ballet</b> Danielle C. - MPR (ages 5-7)					
1:00-2:00 p.m. <b>Ferguson Fit</b> Lynne F. - FS	4:30-5:15 p.m. <b>Athletic Cond</b> Amy A. - FS (I)	1:00-2:00 p.m. <b>Ferguson Fit</b> Lynne. - FS	4:30-5:15 p.m. <b>Athletic Cond</b> Amy A. - FS (I)	1:00-2:00 p.m. <b>Ferguson Fit</b> Lynne F. - FS		
4:30 p.m.-5:15 p.m. <b>Teen Strength Cond.</b> Jose S. - CFR <b>NEW!</b>	5:00-5:45 p.m. <b>Fall Bootcamp</b> Kathleen C. - CFR					
4:30-5:15 p.m. <b>Pilates</b> Carrie J. - FS	5:30-6:30 p.m. <b>Cycle</b> Amy T. - CS	4:30-5:15 p.m. <b>BodyBalance</b> Julie N. - FS				
5:30-6:15 p.m. <b>Strength Fusion</b> Steve B. - FS	5:30-6:15 p.m. <b>BodyPump</b> Karen J. - FS	5:30-6:15 p.m. <b>Cardio Step</b> Julie N. - FS	5:30-6:30 p.m. <b>Cycle</b> Amy T. - CS			
6:30-7:30 p.m. <b>Vinyasa Yoga</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	5:30-6:30 p.m. <b>BodyPump</b> Illysa H. - FS			

### SCHEDULE KEY

Classes in **PURPLE** are Les Mills Classes

Classes in **YELLOW** are new or have changed

Classes in **GREEN** are PAID programs

FS Fitness Studio

CS Cycle Studio

MPR Multi-purpose Room

CFR CrossFit Room

(I) High Intensity

∞ Family Friendly / Kid Class

### SEPTEMBER EVENTS

Sept. 1, Monday **LABOR DAY CLOSING 1:00 P.M.**

Sept. 2, Tues. 8-9:20am **FREE Injury Screenings**

Sept. 2-Oct. 11 **Fall Bootcamp** with Kathleen

Sept. 2, Tues. 12:00-1:30pm **Craft Club**

Sept. 8, Mon. 10:00-11:00am **Advanced Tai Chi**

Sept. 9-Oct. 16 **LIFTMOR** with Mandy

Sept. 13-Oct. 4 **First Steps Line Dancing** w Steve & Christina

Sept. 16, Tues. 1:00-2:00pm **Gentle Yoga & Meditation** with Tom @ Enka Candler Library. FREE!

Sept. 24, Wed. 11:45am-12:45pm **Movement For Life**

**Expert Talk: Falls Prevention** FREE!

Sept. 24, Wed. 11:15am-12:15pm **567 BROADWAY "FREE-VIEW"**

**FREE INTRO CLASSES: Find Your FIT!**

Featured this month will be **Zumba, Yoga, TRX & Cycle**. See flyer for details. Register on the app & try something new!

**FOR THE KIDS:**

Sept. 6, Sat. 11am-12pm **Bouncing Books**

Sept. 8, Mondays 4:30-5:15pm **Teen Strength & Cond. Starts**

Sept. 9-Nov. 25 **Creative Movement & Youth Ballet**

Sept. 11 & 25, Fri. 5:00-8:45pm **Parent's Night Out**—Don't forget your FREE Quarterly PNO!

**KIDS CLUB** Every Mon-Fri 8:00-11:45am & Mon.-Thurs.

3:30-7:15pm

### VIRTUAL GROUP EX

Workout ANYWHERE ANYTIME!

