

## 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** A 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 a 6-week indoor group cycling program that meets in person weekly. 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. \*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 MORE** Lifting Intervention for Training Muscle & Osteoporosis Rehab focuses on using high-intensity resistance & impact training to improve bone density & muscular strength. \*6wks 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!

**Family-Friendly Cardio Dance** a fun, family-friendly cardio dance class designed to get your heart pumping. Learn choreography to the hottest hits (K-Pop Demon Hunters playlist!) and enjoy dancing in a judgment-free zone with folks of all ages—two left feet are always welcome! Bilingual Instructor speaks Spanish & English.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## GROUP EXERCISE SCHEDULE

### DECEMBER 2025

### FERGUSON FAMILY YMCA

Ferguson Family YMCA  
31 Westridge Market Place  
828-575-2940 | ymca-wnc.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

# DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 a.m. <b>Athletic Cond</b> Linda R. - FS (H)	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 (H)	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 (H)		
7:00-8:00 a.m. <b>Vinyasa Yoga</b> BeKah H. - FS <b>NEW!</b>	6:00-7:00 a.m. <b>BodyPump</b> Elizabeth B. - FS	7:00-8:00 a.m. <b>Pilates</b> Carrie J. - FS <b>NEW!</b>	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> ∞ Danielle C. - FS	8:15-9:00 a.m. <b>BodyCombat</b> Dawn S. - FS (H)	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 <b>He's BACK!!</b>		
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 (H)	10:15 - 11:00 a.m. <b>TRX</b> Steve B. - CFR	9:15-10:05 a.m. <b>Yogalates</b> Gillian P. - 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		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		10:15-11:30 a.m. <b>Slow Flow Yoga</b> Tom H. - MPR
		10:30 a.m.-11:30 a.m. <b>Tai Chi-Arthritis &amp; Balance</b> Merideth F. - MPR		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. - CS	11:15 a.m.-12:00p.m. <b>LiftMore</b> Mandy M. - CFR	10:15-11:05 a.m. <b>Pedaling for Parkinson's</b> Gillian P. - CS	11:15 a.m.-12:00p.m. <b>LiftMore</b> Mandy M. - CFR		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	11:15a.m.-12:45p.m. <b>Rock Steady Boxing</b> Erica B. - FS		11:15a.m.-12:45p.m. <b>Rock Steady Boxing</b> Erica B. - FS			
1:00-2:00 p.m. <b>Ferguson Fit</b> Lynne F. - FS		1:00-2:00 p.m. <b>Ferguson Fit</b> Lynne. - FS		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>	4:30-5:15 p.m. <b>Athletic Cond</b> Amy A. - FS (H)		4:30-5:15 p.m. <b>Athletic Cond</b> Amy A. - FS (H)	4:45-5:30 p.m. <b>Family-Friendly Cardio Dance</b> Katie W. - FS ∞ <b>NEW!</b>		
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	5:30-6:30 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> Peter W. - FS	5:30-6:15 p.m. <b>Cardio Step</b> Julie N. - FS	5:30-6:30 p.m. <b>BodyPump</b> Illysa H. - FS			
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				

### 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

(H) High Intensity            ∞ Family Friendly / Kid Class

### DECEMBER EVENTS

- **Keep CRUNCHIN' IT** Holiday Crunch is in full swing until Dec. 31. Get 20 workouts in to get that FREE t-shirt.
- **InBODY Scan** at Ferguson Dec. 1<sup>st</sup>- Dec. 9<sup>th</sup>! One FREE scan per member. Register to reserve your spot!
- 12/1, Mon. 10-11am **Advanced Tai Chi** with Merideth
- 12/2, Tues. 8-9:20am **FREE Injury Screenings** with MFL
- 12/2, Tues. 11:15am **Holiday Craft Club** FREE!
- 12/3 & 12/17, Wed. 12:30-1:30pm **Bridge Club** FREE!
- 12/4, Thurs. 8am-12pm **1st Annual Holiday Bazaar**  
Support local makers & find that perfect holiday gift!
- 12/9-23, Tues/Thurs 11:15am-12pm **LIFT MORE Drop-In Program** \$20/class. Register at front desk.
- 12/11, Thurs. 6-7pm **Dementia Partners Support Group**
- 12/16, Tues. 6:30-7:30pm **Jingle Hop Dance Party**
- 12/16, Tues. 1-2pm **Gentle Yoga & Meditation**  
@ Enka Candler Library FREE!
- **HOLIDAY HOURS:**
  - \* 12/24 Christmas Eve Closing at 1p.m.
  - \* 12/25 Christmas Day CLOSED
  - \* 12/26 Day after Christmas Opening at 8 a.m.
  - \* 12/31 New Year's Eve Closing at 1p.m.
- **FOR THE KIDS:**
  - \* 12/6, Sat. 11am-12pm **Bouncing Books** with Enka Candler Library. FREE!
  - \* 12/12, Fri. 5-8:45pm **Parent's Night Out!**

### VIRTUAL GROUP EX

Workout ANYWHERE ANYTIME!

