

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

**567BROADWAY!** is a dance fitness program designed for adults to have fun, sweat & share in the love of Broadway! It's a creative workout that helps your body, mind & spirit shine!

**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 Mon ea month)** 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.

**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.

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.

**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 for ages 7 to 70+! Bilingual instructor speaks Spanish & English. Occurs 2nd Sunday each month.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

JANUARY 2026

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

## JANUARY 2026

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> Bekah H. - FS	6:00-7:00 a.m. <b>BodyPump</b> Elizabeth B. - FS	7:00-8:00 a.m. <b>Pilates</b> Carrie J. - 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> ∞ Danielle C. - 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	9:15-10:05 a.m. <b>Chair Yoga</b> Jasmine F. - MPR <b>NEW!</b>	9:15-10:15 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>Line Dancing</b> Steve & Linda - MPR <b>NEW!</b>	
10:00-11:00 a.m. <b>Advanced Tai Chi</b> Merideth F. - MPR <i>1st Mon. each month</i>	10:15-11:00 a.m. <b>TRX</b> Steve B. - CFR	10:15-11:00 a.m. <b>TRX</b> Corey J. - CFR	10:15-11:05 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>Gentle Yoga</b> Cynthia C. - FS	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
10:15-11:05 a.m. <b>567 Broadway</b> ∞ Conny A. - FS <b>NEW!</b>	11:15 a.m.-12:00 p.m. <b>LIFTMORE</b> Mandy M. - CFR	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>LIFTMORE</b> Mandy M. - CFR	10:30 a.m.-11:30 a.m. <b>Tai Chi-Arthritis &amp; Balance</b> Merideth F. - MPR		11:10-11:55 a.m. <b>Family-Friendly Cardio Dance</b> ∞ <b>NEW!</b> Katie W. - FS (ages 7+) <i>2nd Sun. of ea. month</i>
10:15-11:05 a.m. <b>Pedaling for Parkinson's</b> Gillian P. - CS	11:15 a.m.-12:45 p.m. <b>Rock Steady Boxing</b> Erica B. - FS	10:15-11:05 a.m. <b>Pedaling for Parkinson's</b> Gillian P. - CS	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	2-3:30 p.m. <b>LIVESTRONG at the Y</b> Lynne F. - FS		2-3:30 p.m. <b>LIVESTRONG at the Y</b> Lynne F. - FS			
1:00-2:00 p.m. <b>Ferguson Fit</b> Lynne F. - FS	4:30-5:00 p.m. <b>Creative Movement</b> Danielle C. - MPR <i>(ages 3-4)</i>	1:00-2:00 p.m. <b>Ferguson Fit</b> Lynne F. - FS		1:00-2:00 p.m. <b>Ferguson Fit</b> Lynne F. - FS	<div> <b>VIRTUAL GROUP EX</b>  Workout ANYWHERE ANYTIME!   </div>	
4:30 p.m.-5:15 p.m. <b>Teen Strength Cond.</b> Jose S. - CFR	4:30-5:15 p.m. <b>Athletic Cond</b> Amy A. - FS (I)		4:30-5:15 p.m. <b>Athletic Cond</b> Amy A. - FS (I)			
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

(I) High Intensity

∞ Family Friendly / Kid Class

### JANUARY EVENTS

Join the Y for **ONLY \$6** until Jan. 15th with no joining fee!

**CROSSFIT BOGO** - Buy the month of Jan., get Feb. FREE!

**INBODY Scan** - Returns 1/26-2/4. Get your first scan FREE!

1/6 Tue 8-9:20am **Injury Screenings** with MFL

1/6 Tue 11:15am **Craft Club**

1/7 & 1/21 Wed 12:30-1:30pm **Bridge Club**

1/8 & 1/22 Thur 6-7pm **Dementia Partners Support Gr.**

1/10, 1/17, 1/24, and 1/31 Sat 9:30-10:30am **Line Dancing**

1/12 Mon 10-11am **Advanced Tai Chi Workshop**

1/13-2/19 Tue/Thur 11:15-12pm **LIFTMORE for Bone Health**

1/24 Sat 8:15am-1pm **Les Mills Launch Party!**

**EBHI (Evidence-Based Health Intervention) Programs**

**Rock Steady Boxing for Parkinson's**, **Ferguson Fit Falls**

**Prevention & Exercise Program**, **LiveStrong at the Y**,

and **Pedaling for Parkinson's** all start in the New Year!

See front desk for details.

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

Featured this month will be **Tai Chi**, **Zumba**, **PowerMoves**,

**Cycle & Pilates**. AND, **What Group Exercise Class Should**

**I take + Studio Tours**. See flyer for details. Register on the

app & try something new!

**FOR THE KIDS:**

1/1 Thur **Camp Kiddos REGISTRATION** opens for summer

1/3 Sat 11am-12pm **Bouncing Books** w/Enka Candler Libr.

1/6 Tues - **Youth Ballet & Creative Movement** begins

1/9 & 1/23 Fri 5-8:45pm **Parent's Night Out**. Don't forget

your FREE Quarterly PNO! Register at front desk.