

# GROUP EXERCISE CLASS DESCRIPTIONS

## CARDIO / STRENGTH

**Athletic Conditioning** Across 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.

**Cycle Interval Training** uses power-based intervals (%FTP=Functional Threshold Power), time in zone, & structured recovery to train specific energy systems & build strength, speed, & endurance.

**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, coordination & 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! \*Paid.

**Hip Hop Fitness** dance-based cardio & toning program that blends various hip hop & dance hall 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** 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. 1st Mon. of each month. \*Paid

**Ferguson Fit** 12-week falls prevention exercise program that improves endurance, strength, balance, & flexibility. Designed to reduce arthritis symptoms with safe, low impact exercises in a relaxed atmosphere that promotes fun, & friendship! \*Paid.

**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)**

12-week program for adult cancer survivors. Trained YMCA wellness coaches work with each participant as they transition from treatment to regaining their physical and emotional strength. FREE! Must have doctor permission.

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

**LIFTMORE** 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 PROG RAMS**

**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 Hunter's playlist) and enjoy dancing in a judgement-free zone for ages 7 to 70+. Bi-lingual instructors speak Spanish & English. Occurs 2nd Sunday each month. FREE!

**Creative Movement (ages 3-4) & Youth Ballet (ages 5-7)**

Our youth ballet programming focuses on the basic principles of dance, movement, coordination, balance, rhythm, & choreography. 12-weeks paid program meets 1x weekly on Tuesdays.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

**FEBRUARY 2026**

**FERGUSON FAMILY YMCA**

**Ferguson Family YMCA**  
31 Westridge Market Place  
828-575-2940 | [ymcawnc.org](http://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

# FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 a.m. <b>Athletic Cond</b> Linda R. - FS ()	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 ()	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 ()		
	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	7:00-8:00 a.m. <b>Vinyasa Yoga</b> Bekah H. - FS <i>New Day &amp; Time!</i>		
8:15-9:00 a.m. <b>BodyPump</b> Corey J. - FS	8:15-9:00 a.m. <b>Barre</b> $\infty$ Linda R. - FS	8:15-9:00 a.m. <b>BodyPump</b> Corey J. - FS	8:15-9:00 a.m. <b>Barre</b> $\infty$ Danielle C. - FS	8:15-9:00 a.m. <b>BodyCombat</b> Dawn S. - FS ()	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 <i>NEW!</i>	9:15-10:15 a.m. <b>BodyCombat</b> Dawn S. - MPR ()	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	
10:00-11:00 a.m. <b>Advanced Tai Chi</b> Merideth F. - MPR 1st Mon. each month	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> $\infty$ 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> $\infty$ 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> $\infty$ Lena S. - FS		10:15-11:30 a.m. <b>Slow Flow Yoga</b> Tom H. - MPR
10:15-11:05 a.m. <b>567Broadway</b> $\infty$ Conny A. - FS <i>FREE!</i>	11:15 a.m.-12:00p.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.-12:00p.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> $\infty$ Katie W. - FS (ages 7+) <i>NEW!</i> 2nd Sun. each month
10:15-11:05 a.m. <b>Pedaling for Parkinson's</b> Gillian P. - CS	11:15a.m.-12:45p.m. <b>Rock Steady Boxing</b> Erica B. - FS	10:15-11:05 a.m. <b>Pedaling for Parkinson's</b> Gillian P. - CS	11:15a.m.-12:45p.m. <b>Rock Steady Boxing</b> Erica B. - FS	12:00 p.m.-12:45 a.m. <b>Cycle Interval Training</b> <i>NEW!</i> J.D. - CS	11:00 a.m.-12:00 p.m. <b>Bouncing Books</b> $\infty$ E/C Library Staff - MPR *1st Sat. of ea. month	
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	4:30-5:15-6:00 p.m. <b>Youth Ballet 12-wk Program</b> (ages 3-4;5-7) Danielle C. - MPR	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		
4:00 p.m.-4:45 p.m. <b>Teen Strength Cond.</b> Jose S. - CFR <i>NEW TIME!</i>	4:30-5:15 p.m. <b>Athletic Cond</b> Amy A. - FS ()		4:30-5:15 p.m. <b>Athletic Cond</b> Amy A. - FS ()			
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> $\infty$ 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

() High Intensity

$\infty$  Family Friendly / Kid Class

## FEBRUARY EVENTS

### HAPPENINGS/EVENTS:

**INBODY Scan** - Appts now available through 2/4. Get your first scan **FREE!** Register at front desk.

**Holiday Crunch T-shirts** ready for pick-up! If you completed the challenge, see front desk for your t-shirt!

2/3 Tue 8-9:20am **Free Injury Screenings** with Movement for Life Physical Therapists

2/3-4/23 Tues/Thur 2-3:30pm **LiveStrong at the Y** *1*, registration required for this 12-week cancer survivorship program

2/3 Tue 11:15am-12:30pm **Craft Club** FREE!

2/4 & 2/18 Wed 12:30-1:30pm **Bridge Club** FREE!

2/10 Tue 6:30-7:30pm **Pa-lentine's Dance Party!** FREE!

2/12 & 2/26 Thur 6-7pm **Dementia Partners Support Gr.**

### FREE INTRO CLASSES for February: Find Your FIT!

Featured this month will be **Tai Chi, Zumba, Cycle, BodyPump, TRX and 567Broadway** See flyer for details. Register on the app & try something new!

### FOR THE KIDS:

2/7 Sat 11am-12pm **Bouncing Books** w/Enka Candler Libr.

2/8 Sun 11:10-11:55am **Family-Friendly Cardio Dance**

2/13 & 2/27 Fri 5-8:45pm **Parents Night Out**. Don't forget your FREE Quarterly PNO! Register at front desk.

### VIRTUAL GROUP EX

Workout ANYWHERE ANYTIME!

