

# GROUP EXERCISE CLASS DESCRIPTIONS

## CARDIO / STRENGTH

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

**Barre** Takes the hottest trends in dance-inspired conditioning, ballet barre training & uses "make-sense progressions" to create a format suitable for every level 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** appropriate for new or advanced steppers, this class is sure to challenge the mind & body with fun & interesting choreo for a great workout!

**Cycle** Cardio 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 on the bike.

**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!

**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.

**Zumba®** Latin-inspired dance cardio 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.

## 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 understanding of form, flow, & technique while improving balance, coordination, & mental focus. 1st Mon. of each month. \*Paid program.

**Ferguson Fit** is a 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! \*12-wk Paid

**Pedaling For Parkinson's** indoor group cycling program led by a trained instructor that provides a monitored & safe exercise experience using stationary bikes. P4P participants report improved balance, increased strength, reduction of symptoms & better sleep. \*6-wk Paid program

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

**Rock Steady Boxing** 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. \*12-wk Paid program

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

## KIDS PROGRAMS

**Bouncing Books Story Hour (parent participation required)** 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. All ages welcome.

**Wiggle & Giggle (18-36 months, parent participation required)** The perfect first fitness experience for your little mover, this class introduces toddlers to movement through music, play, & exploration. Children build coordination, balance, confidence, & social skills while climbing, crawling, dancing, & playing in a safe, supportive environment.

**FergFit Kids Jr. (3-5 yrs.)** introduces preschoolers to fitness through imaginative games, obstacle courses, & age-appropriate strength & movement activities. Kids develop coordination, agility, listening skills, & confidence while learning exercise is FUN!

**FergFit Kids (6yrs+)** helps youth build strength, athletic skills, & confidence through dynamic fitness training designed just for kids. Participants improve speed, agility, coordination, & overall fitness using fun challenges games, teamwork activities, & functional movement exercises. Supports athletic development while promoting healthy habits & positive self-confidence.

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

**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 judgement-free zone for ages 7 to 70+! Bi-lingual instructor speaks Spanish & English. \*2nd Sunday of each month.

**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-wk Paid program meets 1x weekly on Tuesdays.



## GROUP EXERCISE SCHEDULE

### MARCH 2026

### FERGUSON FAMILY YMCA

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

# MARCH 2026

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 (!)		
7:00 a.m.-7:45 a.m. Cycle Interval Training (!) <b>NEW!</b> Starts 3/16!	6:00-7:00 a.m. BodyPump Elizabeth B. - FS	7:00-8:00 a.m. Pilates Carrie J. - FS	6:00-7:00 a.m. BodyPump Elizabeth B. - FS	7:00-8:00 a.m. Vinyasa Yoga Bekah H. - 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 ∞ Danielle C. - FS	8:15-9:00 a.m. BodyCombat (!) Dawn S. - FS	8:15-9:15 a.m. Cycle Christina W. - CS	
8:15-9:05 a.m. Yogalates Gillian P. - MPR	8:15 a.m.-9:00 a.m. LIFTMORE Mandy M. - CFR	9:00-10:00 a.m. Cycle Steve B. - CS	8:15 a.m.-9:00 a.m. LIFTMORE Mandy M. - CFR	9:15-10:15 a.m. Cycle Mike S. - CS		
9:15-10:00 a.m. Cycle Gillian P. - CS	9:00-10:00 a.m. Cycle Steve B. - CS	9:15-10:05 a.m. Gentle Yoga Sascha F. - FS	9:00-10:00 a.m. Cycle Steve B. - CS	9:15-10:05 a.m. Gentle Yoga Sascha F. - FS	9:15-10:00 a.m. BodyPump Katie K. - FS	
9:15-10:05 a.m. Gentle Yoga Sascha F. - FS	9:15-10:00 a.m. BodyBalance Dawn S. - FS	9:15-10:15 a.m. BodyCombat (!) Dawn S. - MPR	9:15-10:00 a.m. BodyBalance Dawn S. - FS	9:15-10:05 a.m. Yogalates Gillian P. - MPR		
10:00-11:00 a.m. Advanced Tai Chi Merideth F. - MPR <b>*1st Mon. each month</b>	9:15-10:05 a.m. Chair Yoga Jasmine F. - MPR	10:15-11:00 a.m. TRX Corey J. - CFR	9:15 a.m.-10:00 p.m. Wiggle & Giggle <sup>(18-36m)</sup> Megan - MPR ∞ <b>NEW!</b>	10:15-11:00 a.m. TRX Gillian P. - CFR	10:15-11:05 a.m. Hip Hop Fitness ∞ Deana C./Kelly W. - FS	10:15-11:00 a.m. BodyPump <b>NEW!</b> Rotating Staff - FS
10:15-11:00 a.m. TRX Corey J. - CFR	10:15 - 11:00 a.m. TRX Steve B. - CFR	10:15-11:05 a.m. Zumba ∞ Miguel F. - FS	10:15 - 11:00 a.m. TRX Steve B. - CFR	10:15-11:05 a.m. Zumba ∞ Lena S. - FS		10:15-11:30 a.m. Slow Flow Yoga Tom H. - MPR
10:15-11:05 a.m. 567Broadway ∞ Conny A. - FS		10:30 a.m.-11:30 a.m. Tai Chi-Arthritis & Balance Merideth F. - MPR	10:15-11:05 a.m. Slow Flow Yoga Tom H. - MPR	10:30 a.m.-11:30 a.m. Tai Chi-Arthritis & Balance Merideth F. - MPR		11:10-11:55 a.m. Family-Friendly Cardio Dance ∞ Katie W. - FS (ages 7+) <b>*2nd Sun. each month</b>
10:15-11:05 a.m. Pedaling for Parkinson's Gillian P. - CS		10:15-11:05 a.m. Pedaling for Parkinson's Gillian P. - CS	10:15 a.m.-11:05 p.m. Low Impact Fitness Lynne F. - FS		11:00 a.m.-12:00 p.m. Bouncing Books ∞ E/C Library Staff-MPR <b>*1st Sat. of each month</b>	
11:15 a.m.-12:05 p.m. Low Impact Fitness Lynne F. - FS	11:15 a.m.-12:00 p.m. LIFTMORE Mandy M. - CFR		11:15 a.m.-12:00 p.m. LIFTMORE Mandy M. - CFR			
1:00-2:00 p.m. Ferguson Fit Lynne F. - FS	11:15 a.m.-12:45 p.m. Rock Steady Boxing Erica B. - FS	1:00-2:00 p.m. Ferguson Fit Lynne F. - FS	11:15 a.m.-12:45 p.m. Rock Steady Boxing Erica B. - FS	1:00-2:00 p.m. Ferguson Fit Lynne F. - FS		
3:30 p.m.-4:00 p.m. FergFit Kids Jr. (a.3-5) Megan - MPR ∞ <b>NEW!</b>	2:00-3:30 p.m. LIVESTRONG at the Y Lynne F. - FS		2:00-3:30 p.m. LIVESTRONG at the Y Lynne F. - FS			
4:15 p.m.-5:00 p.m. FergFit Kids (a.6+) Megan - MPR ∞	4:30-5/5:15-6:00 p.m. Youth Ballet 12-wk (a.3-4; a.5-7)		4:30-5:15 p.m. Athletic Cond Amy A. - FS (!)			
4:00 p.m.-4:45 p.m. Teen Strength Cond. Jose S. - CFR (a.13+)	4:30-5:15 p.m. Athletic Cond Amy A. - FS (!)	4:30-5:15 p.m. BodyBalance Julie N. - FS	5:30-6:30 p.m. Cycle Amy T. - CS			
4:30-5:15 p.m. Pilates Carrie J. - FS	5:30-6:30 p.m. Cycle Amy T. - CS	5:30-6:15 p.m. Cardio Step Julie N. - FS				
5:30-6:15 p.m. Strength Fusion Steve B. - FS	5:30-6:15 p.m. BodyPump Peter W. - FS		5:30-6:30 p.m. BodyPump Illysa H. - FS			
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				

## 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

∞ Family Friendly/ Kid Class

## MARCH EVENTS

- 3/2 Mon 10-11am **Advanced Tai Chi Workshop** with Merideth in MPR. Paid program.
- 3/2 Mon-3/27 Fri, **Ferguson Family YMCA & Enka High School Food Drive**
- 3/3 Tue 4-5pm **Injury Screenings** with Movement for Life Physical Therapists. FREE!
- 3/3 Tue 11:15am-12:30pm **Craft Club** FREE!
- 3/4 & 3/18 Wed 12:30-1:30pm **Bridge Club** FREE
- 3/5 Thur 9:15-10am Chair Yoga with Jasmine @ Enka-Candler Library FREE!
- 3/14 Sat **PIE DAY!** Celebrate with Galactic Pizza. Dine out and donate back to the Y. It's pizza PIE with a purpose!
- 3/16-4/16 **Lucky Streak Challenge!** Visit any local Y 10 days in a row and WIN!
- 3/12 & 3/26 Thur 6-7pm **Dementia Partners Support Group** Caregivers welcome. FREE!

### FREE INTRO CLASSES for MARCH: Find Your FIT

- 3/9 Mon 11:15am Intro to CrossFit with Mandy
- 3/13 Fri 11:15am Intro to Zumba with Lena
- 3/16 Mon 11:15am Intro to Cycle with Gillian
- 3/23 Mon 11:15am Intro to TRX with Gillian

\*\*Register for all Intro Classes on the App!

### FOR THE KIDS:

- **NEW! FergFit Kids & FergFit Kids Jr., plus Wiggle & Giggle** added to the schedule this month! From crawling to walking to obstacle course races, we've got you covered! See back for descriptions.
- 3/7 Sat 11am-12pm **Bouncing Books** with Enka-Candler Library in MPR
- 3/8 Sun 11:10-11:55am **Family-Friendly Cardio Dance** Class ages 7+
- 3/13 & 3/27 Fri 5-8:45pm **Parents Night Out** Don't forget your FREE Quarterly PNO!

**VIRTUAL GROUP EXERCISE**  
Workout ANYWHERE ANYTIME



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