

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 a high-energy, step aerobics workout designed for cardiovascular endurance & full-body toning, particularly for the legs & glutes. Using an adjustable step, the class combines basic stepping with rhythmic, choreographed movements, including burpees, squats, & weight-plate exercises.

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.

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.

Qigong A mindful movement class blending breathwork, Tai Chi walking, & martial arts-inspired Qi Gong to improve balance, mobility, focus, & energy flow. Class ends with a relaxing cool down to help you feel centered, refreshed & restored.

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 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 levels & 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

Ferguson Fit 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

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.

Pedaling For Parkinson's 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.

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.

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.

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.

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.

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. *Paid program meets 1x weekly on Tuesdays. **Resuming in the Fall.



GROUP EXERCISE SCHEDULE

JULY 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

JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 a.m. Athletic Conditioning Linda R. - FS (!)	6:00-7:00 a.m. Cycle Steve B. - CS	6:00-6:45 a.m. Athletic Conditioning Bekah H. - FS (!)	6:00-7:00 a.m. Cycle Steve B. - CS	6:00-6:45 a.m. Athletic Conditioning Amy T. - FS (!)		
7:00 a.m.-7:45 a.m. Cycle Interval Training (!) J.D. - CS NEW!	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			
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.-9:00a.m. LIFTMORE Mandy M. - CFR	9:00-10:00 a.m. Cycle Steve B. - CS	8:15 a.m.-9:00a.m. LIFTMORE Mandy M. - CFR	9:15-10:15 a.m. Cycle Becky 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		
10:15-11:00 a.m. TRX Corey J. - CFR	9:15-10:05 a.m. Chair Yoga Jasmine F. - MPR	10:15-11:00 a.m. TRX Corey J. - CFR		10:15-11:00 a.m. TRX Gillian P. - CFR	9:15-10:15 a.m. Qigong Jon W. - MPR NEW!	10:15-11:15 a.m. BodyPump Jack K. - FS NEW!
10:15-11:05 a.m. 567Broadway ∞ Conny A. - FS	10:15 - 11:00 a.m. TRX Steve B. - CFR	10:15-11:05 a.m. Latin Fusion Dance ∞ 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. Gentle Yoga Cynthia C. - 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		
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	11:15 a.m.-12:00 p.m. BodyPump Jack K. - FS NEW!		
11:15 a.m.-12:05 p.m. Low Impact Fitness Lynne F. - FS	11:15 a.m.-12:00p.m. LIFTMORE Mandy M. - CFR		11:15 a.m.-12:00p.m. LIFTMORE Mandy M. - CFR			
1:00-2:00 p.m. Ferguson Fit Lynne F. - FS	11:15a.m.-12:45p.m. Rock Steady Boxing Erica B. - FS	1:00-2:00 p.m. Ferguson Fit Lynne F. - FS	11:15a.m.-12:45p.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 ∞					<div style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <p>VIRTUAL GROUP EXERCISE Workout ANYWHERE ANYTIME</p>  <p>ymcawnc.org/virtual-y</p> </div>	
4:00 p.m.-4:45 p.m. Teen Strength Cond. Jose S. - CFR (a.13+)						
4:15 p.m.-5:00 p.m. FergFit Kids (a.6+) Megan - MPR ∞	4:30-5:15 p.m. Athletic Cond Amy A. - FS (!)		4:30-5:15 p.m. Athletic Cond Amy A. - FS (!)			
4:30-5:15 p.m. Pilates Carrie J. - FS	5:30-6:30 p.m. Cycle Amy T. - CS		5:30-6:30 p.m. Cycle Amy T. - CS			
5:30-6:15 p.m. Cardio Step Holly P. - FS NEW!	5:30-6:15 p.m. BodyPump Peter W. - FS	5:30-6:15 p.m. Cardio Step Julie N./Linda R. - FS	5:30-6:30 p.m. BodyPump Illysa H. - FS			
6:30-7:15 p.m. BodyBalance Holly P. - FS NEW!	6:30-7:30 p.m. Hip Hop Fitness ∞ Kim L. - FS	6:30-7:15 p.m. BodyBalance Julie N. - FS NEW!				

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

JULY EVENTS

- **FREE Intro Classes** throughout the month of July. It's the perfect way to get comfortable & confident in a new format you haven't tried before! Check out the flyer & Y app for more details, dates & times.
- 7/1 & 7/15 Wed 12:30-1:30pm **Bridge Club**
- 7/4 Sat 1pm - **All YMCAs of WNC CLOSED**
- 7/9 & 7/23 Thur 6-7pm **Dementia Partners Support Group** Caregivers welcome to attend.
- 7/13 Mon **Galactic Pizza Dine Out & Donate**. It's pizza with a purpose! 20% of proceeds donated to the Y!
- 7/21 Tues 11:15am-12:15pm **Expert Talk: 1RM Living** with Movement For Life Physical Therapy
- 7/25 Sat 8:15am-12pm **Les Mills Launch Party - Hot Fun in the Summertime!** Come check out the NEW rounds of Les Mills classes! See flyer & App for schedule & details.

FOR THE KIDS:

- **Summer Camps for Kids: There's still time to register!**
 - Sports of All Sorts 7/6-7/10 and 7/27-7/31 Mon-Fri 9am-12pm
 - Basketball Camp 7/20-7/24 Mon-Fri 9am-12pm
 - Camp Kiddos Half Day Summer Camp 7/27-7/31 Mon-Fri 8:30am-12:30pm
- **Kids Club** Every Week at Ferguson Family YMCA - Morning Session Mon-Fri 8-11:45am Afternoon Session Mon-Fri 3:30-7:15pm
- **Parents Night Out** 7/10 & 7/24 Fri 5-8:45pm Don't forget your FREE Quarterly PNO! Register at front desk.