

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 endurance & muscular strength.

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 moves, 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

567 BROADWAY! 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: aims 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.

Yoga Latates is the integration of classic Pilates exercises with a focus on the core with yoga flow sequences to strengthen the entire body. Yoga Latates 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 program.

LIFT MORE: 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, cardio dance class designed to get your heart pumping! Learn choreography to the hottest hits and enjoy dancing in a judgement-free zone for ages 7 to 70+! Bilingual instructor speaks Spanish & English. 2nd Sunday of each month.

FergFit Kids Jr. (3-5 yrs.): introduces kids to fitness through imaginative games, obstacle courses, & age-appropriate strength & movement activities. Develops coordination, agility, listening skills & confidence while learning exercise is FUN! FergFit Kids (6 yrs+) 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 September.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE August 2026

FERGUSON FAMILY YMCA

31 Westridge Market Place
828-575-2940 | ymcawnc.org

RESERVE YOUR SPOT

Required reservations open 26
hours in advance

Scan this code to download the
mobile app and 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

AUGUST 2026

MON	TUES	WED	THURS	FRI	SAT	SUN
6:00-6:45 am Athletic Conditioning ! Linda R. – FS	6:00-7:00 am Cycle Steve B. – CS	6:00-6:45 am Athletic Conditioning ! Bekah H. – FS	6:00-7:00 am Cycle Steve B. – CS	6:00-6:45 am Athletic Conditioning ! Amy T. – FS		
7:00-7:45 am Cycle Interval Training ! JD – CS	6:00-7:00 am BODYPUMP Elizabeth B. – FS	7:00-8:00 am Pilates Carrie J. – FS	6:00-7:00 am BODYPUMP Elizabeth B. – FS			
8:15-9:00 am BODYPUMP Corey J. – FS	8:15-9:00 am Barre ∞ Linda R. – FS	8:15-9:00 am BODYPUMP Corey J. – FS	8:15-9:00 am Barre ∞ Danielle C. – FS	8:15-10:15 am BODYCOMBAT ! Dawn S. – FS	8:15-9:15 am Cycle Christina W. – CS	
8:15-9:05 am Yogalates Gillian P. – MPR	8:15-9:00 am LIFTMORE Mandy M. – CFR	9:00-10:00 am Cycle Steve B. – CS	8:15-9:00 am LIFTMORE Mandy M. – CFR	9:15-10:05 am Yogalates Gillian P. – MPR	8:15-9:00 am Cardio Step Julie N/Holly P. – FS NEW!	
9:15-10:05 am Cycle Gillian P. – CS	9:00-10:00 am Cycle Steve B. – CS	9:15-10:15 am BODYCOMBAT ! Dawn S. – MPR	9:00-10:00 am Cycle Steve B. – CS	9:15-10:15 am Cycle Becky S. – CS	9:15-10:00 am BODYPUMP Katie K. – FS	
9:15-10:05 am Gentle Yoga Sascha F. – FS	9:15-10:05 am BODYBALANCE Dawn S. – FS	9:15-10:05 am Gentle Yoga Sascha F. – FS	9:15-10:05 am BODYBALANCE Dawn S. – FS	9:15-10:05 am Gentle Yoga Sascha F. – FS	9:15-10:00 am QiGong Jon W. – MPR NEW!	10:15 am - 11:15 pm BODYPUMP Jack K. – FS
10:15-11:05 am 56/BROADWAY ∞ Conny A. – FS	9:15-10:15 am Chair Yoga Jasmine F. – MPR	10:15-11:05 am Latin Fusion Dance ∞ Miguel F. – FS		10:15-11:05 am Zumba ∞ Lena S. – FS	10:15-11:00 am Hip Hop Fitness ∞ Katie W. – FS NEW IN SEPT!	10:15-11:30 am Slow Flow Yoga Tom H. – MPR
10:15-11:00 am TRX Corey J. – CFR	10:15-11:00 am TRX Steve B. – CFR	10:15-11:00 am TRX Corey J. – CFR	10:15-11:00 am TRX Steve B. – CFR	10:15-11:00 am TRX Gillian P. – CFR	11:15 am-12:00 pm TRX Katie W. – CFR NEW IN SEPT!	
10:15-11:05 am Pedaling for Parkinson's Gillian P. – CS	10:15-11:05 am Gentle Yoga Cynthia C. – FS	10:15-11:05 am Pedaling for Parkinson's Gillian P. – CS	10:15-11:05 am Slow Flow Yoga Tom H. – MPR			
11:15 am-12:05 pm Low Impact Fitness Lynne F. – FS		10:30-11:30 am Tai Chi Arthritis & Balance Merideth – MPR	10:15-11:05 am Low Impact Fitness Lynne F. – FS	10:30-11:30 am Tai Chi Arthritis & Balance Merideth – MPR		
	11:15 am - 12:00 pm LIFTMORE Mandy M. – CFR		11:15 am - 12:00 pm LIFTMORE Mandy M. – CFR	11:15 am - 12:00 pm BODYPUMP Jack K. – FS		
	11:15 am - 12:00 pm Rock Steady Boxing Erica B. – FS		11:15 am - 12:00 pm Rock Steady Boxing Erica B. – FS			
1:00-2:00 pm Ferguson Fit Lynne F. – FS		1:00-2:00 pm Ferguson Fit Lynne F. – FS		1:00-2:00 pm Ferguson Fit Lynne F. – FS	VIRTUAL GROUP EXERCISE Workout ANYWHERE ANYTIME ymca360.org	
3:30-4:00 pm FergFit Kids Jr. (3-5y) ∞ Megan C. – MPR						
4:00-4:45 pm Teen Strength & Cond. Jose S. – CFR (13+y) ∞						
4:15-5:00 pm FergFit Kids (6+y) ∞ Lynne F. – MPR	4:30-5:15 pm Athletic Conditioning! Amy A. – FS		4:30-5:15 pm Athletic Conditioning! Amy A. – FS			
4:30-5:15 pm Pilates Carrie J. – FS	5:30-6:30 pm Cycle Amy T. – CS		5:30-6:30 pm Cycle Amy T. – CS			
5:30-6:15 pm Cardio Step ! Holly P. – FS	5:30-6:15 pm BODYPUMP Peter W. – FS	5:30-6:15 pm Cardio Step ! Julie N./Linda R. – FS	5:30-6:30 pm BODYPUMP Illysa H. – FS			
6:30-7:15 pm BODYBALANCE Holly P. – FS	6:30-7:30 pm Hip Hop Fitness ∞ Kim L. – FS	6:30-7:15 pm BODYBALANCE Julie N. – FS				

SCHEDULE KEY

Classes in **PURPLE** are Les Mills Classes

Classes in **YELLOW** are NEW or updated

Classes in **GREEN** are PAID programs

FS Fitness Studio CFR CrossFit Rm

CS Cycle Studio MPR Multi-purpose Rm

! High Intensity ∞ Family Friendly / Kid class

Check the app for the most up to date information

AUGUST 2026 EVENTS

- 8/1-8/10 **InBODY** returns to Ferguson Family YMCA
- 8/10 Mon **Galactic Pizza Dine Out & Donate**
- 8/13 & 8/27 Thur 6-7pm **Dementia Partners Support Group**. Caregivers welcome to attend.
- 8/13 **Liftmore for Bone Health** begins!
- **Mah Jong Interest Survey** – Scan QR code to let us know your interest!

FOR THE KIDS

- 8/1 Sat 11 am – 12 pm **Bouncing Books Story Hour**
- 8/3-8/7 and 8/10-8/14 **Camp Kiddos Half Day Summer Camp** Mon-Fri 8:30-12:30pm
- 8/3-8/7 **Sports of All Sorts Camp** Mon-Fri 9am-12pm at Francis Asbury Church
- 8/10-8/14 **Basketball Camp** Mon-Fri 9am-12pm at Francis Asbury Church
- 8/14 & 8/28 **Parent's Night Out** Fri 5-8:45pm
- **Kids Club** EVERY Week at Ferguson Family YMCA! Morning Session Mon-Fri 8-11:45am. Afternoon Session Mon-Fri 3:30-7:15pm
- Fall Session of **Youth Ballet** begins 9/8! For ages 3-7. Session runs for 8 weeks. Register at front desk or online.