

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

567BROADWAY! 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 Fusion Dance

Latin-inspired cardio 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.

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.

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 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.*

Parkinson's Ride to Thrive

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.*

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 for 8 weeks. Starting 9/8-11/3. No class 9/29.*



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SEPTEMBER 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

SEPTEMBER 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		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	
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	10:15 am - 11:15 pm BODYPUMP Jack K. - FS
10:15-11:05 am 567BROADWAY ∞ 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 NEW! Hip Hop Fitness ∞ Katie W. - FS	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		
10:15-11:05 am Parkinson's Ride to Thrive Gillian P. - CS	10:15-11:05 am Gentle Yoga Cynthia C. - FS	10:15-11:05 am Parkinson's Ride to Thrive Gillian P. - CS	10:15-11:05 am Slow Flow Yoga Tom H. - MPR		11:15 am-12:00 pm TRX NEW! Katie W. - CFR	
11:15 am-12:05 pm Low Impact Fitness Lynne F. - FS		10:30-11:30 am Tai Chi Arthritis & Balance Merideth - MPR (begins Jan 9th)	10:15-11:05 am Low Impact Fitness Lynne F. - FS	10:30-11:30 am Tai Chi Arthritis & Balance Merideth - MPR (begins Jan 9th)	11:00 am-12:00 pm Bouncing Books Library Staff - MPR 1st Sat. ea. month	
	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		VIRTUAL GROUP EXERCISE Workout ANYWHERE ANYTIME ymca360.org	
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		
4:00-4:45 pm Teen Strength & Cond. Jose S. - CFR (13+y) ∞	4:30-5:00 pm Creative Movement ∞ Danielle - MPR (3-4y)					
	5:15-6:00 pm Youth Ballet ∞ Danielle - MPR (5-7y)					
4:30-5:15 pm NEW! Athletic Conditioning! Amy A. - FS	4:30-5:15 pm NEW! Pilates Carrie J. - FS	4:30-5:15 pm NEW! Athletic Conditioning! Amy A. - FS	4:30-5:15 pm NEW! Pilates Carrie J. - FS	4:45-5:30 pm NEW! BODYPUMP Jack K. - 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

SEPTEMBER 2026 EVENTS

- 9/2 & 9/16 Wed 12:30-1:30pm **Bridge Club w/ Tom**
- 9/7 MONDAY **LABOR DAY - CLOSE** at 1:00 PM
- 9/10-9/19 **Welcome Week!** Look for special activities & events in-center.
- 9/10 & 9/24 Thur 6-7pm **Dementia Partners Support Group.** Caregivers welcome to attend.
- 9/14-9/30 **Frequent Y'er - Your Route Back to Routine Member Challenge.** See flyer for details!
- 9/14 Mon **Galactic Pizza Dine Out to Donate**
- 9/14 Mon 11:15 am-12 pm **Intro to TRX w/ Corey**
- 9/15 Tue 10:15-11:15 am **Expert Talk: Osteoporosis & Safe Strength** with Movement for Life
- 9/16 Wed 11:15-12 pm **Intro to BodyPump w/ Jack**
- 9/18 Fri 11:15-12 pm **Intro to Zumba w/ Lena**
- 9/21 **Next Session of Ferguson Fit Begins**
- 9/22 **Healthy Living Day** at Reuter Family YMCA

FOR THE KIDS

- 9/5 Sat 11 am - 12 pm **Bouncing Books Story Hour**
- 9/11 & 9/25 **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