

# 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.

**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** an ancient Chinese practice of moving meditation that stimulates the body's energy flow while deepening one's innate calm. Focus on breath, mind, and body integration for health.

**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.*

**FergFit Kids** (ages 4+) This class 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.

**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.*



# GROUP EXERCISE FALL 2026

FERGUSON FAMILY YMCA

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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.<br>3:30 p.m. – 7:30 p.m. |
| Fri-Sat   | 8:00 a.m. – 12:00 p.m.                          |

# FALL 2026

| MON                                                                 | TUES                                                          | WED                                                             | THURS                                                      | FRI                                                                                 | SAT                                                                                   | SUN                                              |
|---------------------------------------------------------------------|---------------------------------------------------------------|-----------------------------------------------------------------|------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|--------------------------------------------------|
| 6:00–6:45 am<br>Athletic Conditioning !<br>Linda R. – FS            | 6:00–7:00 am<br>Cycle<br>Steve B. – CS                        | 6:00–6:45 am<br>Athletic Conditioning !<br>Bekah H. – FS        | 6:00–7:00 am<br>Cycle<br>Steve B. – CS                     | 6:00–6:45 am<br>Athletic Conditioning !<br>Amy T. – FS                              |                                                                                       |                                                  |
| 7:00–7:45 am<br>Cycle Interval Training !<br>Amy T. / Steve B. – CS | 6:15–7:00 am<br>BODYPUMP<br>Jack K. – FS                      |                                                                 | 6:15–7:00 am<br>BODYPUMP<br>Jack K. – FS                   |                                                                                     |                                                                                       |                                                  |
| 8:15–9:00 am<br>BODYPUMP<br>Corey J. – FS                           | 8:15–9:00 am<br>Barre ∞<br>Linda R. – FS                      | 8:15–9:00 am<br>BODYPUMP<br>Corey J. – FS                       | 8:15–9:00 am<br>Barre ∞<br>Danielle C. – FS                | 8:15–9:00 am<br>BODYCOMBAT !<br>Dawn S. – FS                                        | 8:15–9:15 am<br>Cycle<br>Christina W. – CS                                            |                                                  |
| 8:15–9:05 am<br>Yogalates<br>Gillian P. – MPR                       | 8:15–9:00 am<br>LIFTMORE<br>Mandy M. – CFR                    | 9:00–10:00 am<br>Cycle<br>Steve B. – CS                         | 8:15–9:00 am<br>LIFTMORE<br>Mandy M. – CFR                 | 9:15–10:05 am<br>Yogalates<br>Gillian P. – MPR                                      | 8:15–9:00 am<br>Cardio Step !<br>Julie N/Holly P – FS                                 |                                                  |
| 9:15–10:05 am<br>Cycle<br>Gillian P. – CS                           | 9:00–10:00 am<br>Cycle<br>Steve B. – CS                       | 9:15–10:15 am<br>BODYCOMBAT !<br>Dawn S. – MPR                  | 9:00–10:00 am<br>Cycle<br>Steve B. – CS                    | 9:15–10:15 am<br>Cycle<br>Becky S. – CS                                             | 9:15–10:00 am<br>BODYPUMP<br>Katie K. – FS                                            |                                                  |
| 9:15–10:05 am<br>Gentle Yoga<br>Sascha F. – FS                      | 9:15–10:05 am<br>BODYBALANCE<br>Dawn S. – FS                  | 9:15–10:05 am<br>Gentle Yoga<br>Sascha F. – FS                  | 9:15–10:05 am<br>BODYBALANCE<br>Dawn S. – FS               | 9:15–10:05 am<br>Gentle Yoga<br>Sascha F. – FS                                      | 9:15–10:00 am<br>Tai Chi<br>Jon W. – MPR                                              | 10:15 am – 11:15 pm<br>BODYPUMP<br>Jack K. – FS  |
| 10:15–11:05 am<br>567BROADWAY ∞<br>Conny A. – FS                    | 9:15–10:05 am<br>Chair Yoga<br>Jasmine F. – MPR               | 10:15–11:05 am<br>Latin Fusion Dance ∞<br>Miguel F. – FS        | 9:15–10:05 am<br>Chair Yoga<br>Jessica M. – MPR            | 10:15–11:05 am<br>Zumba ∞<br>Lena S. – FS                                           | 10:15–11:00 am<br>Hip Hop Fitness ∞<br>Katie W. – FS                                  | 10:15–11:30 am<br>Slow Flow Yoga<br>Jen W. – MPR |
| 10:15–11:00 am<br>TRX<br>Corey J. – CFR                             | 10:15–11:00 am<br>TRX<br>Steve B. – CFR                       | 10:15–11:00 am<br>TRX<br>Corey J. – CFR                         | 10:15–11:00 am<br>TRX<br>Steve B. – CFR                    | 10:15–11:00 am<br>TRX<br>Gillian P. – CFR                                           |                                                                                       |                                                  |
| 10:15–11:05 am<br>Parkinson’s Ride to Thrive<br>Gillian P. – CS     | 10:15–11:05 am<br>Gentle Yoga<br>Cynthia C. – FS              | 10:15–11:05 am<br>Parkinson’s Ride to Thrive<br>Gillian P. – CS | 10:15–11:05 am<br>Gentle Yoga<br>Cynthia C. – MPR          |                                                                                     | 11:15 am–12:00 pm<br>TRX<br>Katie W. – CFR                                            |                                                  |
| 11:15 am–12:05 pm<br>Low Impact Fitness<br>Lynne F. – FS            |                                                               | 10:30–11:30 am<br>Tai Chi Arthritis & Balance<br>Merideth – MPR | 10:15–11:05 am<br>Low Impact Fitness<br>Lynne F. – FS      | 10:30–11:30 am<br>Tai Chi Arthritis & Balance<br>Merideth – MPR<br>(begins Jan 9th) | 11:00 am–12:00 pm<br>Bouncing Books<br>Library Staff – MPR<br>1st Sat. ea. month      |                                                  |
|                                                                     | 11:15 am – 12:00 pm<br>LIFTMORE<br>Mandy M. – CFR             |                                                                 | 11:15 am – 12:00 pm<br>LIFTMORE<br>Mandy M. – CFR          |                                                                                     |                                                                                       |                                                  |
|                                                                     | 11:15 am – 12:00 pm<br>Rock Steady Boxing<br>Erica B. – FS    |                                                                 | 11:15 am – 12:00 pm<br>Rock Steady Boxing<br>Erica B. – FS |                                                                                     | <div>VIRTUAL GROUP EXERCISE<br/>Workout ANYWHERE ANYTIME</div> <div>ymca360.org</div> |                                                  |
| 1:00–2:00 pm<br>Ferguson Fit<br>Lynne F. – FS                       |                                                               | 1:00–2:00 pm<br>Ferguson Fit<br>Lynne F. – FS                   |                                                            | 1:00–2:00 pm<br>Ferguson Fit<br>Lynne F. – FS                                       |                                                                                       |                                                  |
| 2:00–3:30 pm<br>LIVESTRONG at the Y<br>Lynne F. – FS                |                                                               | 2:00–3:30 pm<br>LIVESTRONG at the Y<br>Lynne F. – FS            |                                                            |                                                                                     |                                                                                       |                                                  |
| 4:00–4:45 pm<br>Teen Strength & Cond.<br>Jose S. – CFR (13+y) ∞     | 4:30–5:00 pm<br>Creative Movement ∞<br>Danielle C.–MPR (3–4y) |                                                                 |                                                            |                                                                                     |                                                                                       |                                                  |
| 4:00–4:45 pm<br>FergFit Kids ∞<br>Megan C. – MPR (age 4+)           | 5:15–6:00 pm<br>Youth Ballet ∞<br>Danielle C.–MPR (5–7y)      |                                                                 |                                                            |                                                                                     |                                                                                       |                                                  |
| 4:30–5:15 pm<br>Athletic Conditioning !<br>Amy A. – FS              | 4:30–5:15 pm<br>Pilates<br>Carrie J. – FS                     | 4:30–5:15 pm<br>Athletic Conditioning !<br>Amy A. – FS          | 4:30–5:15 pm<br>Pilates<br>Carrie J. – FS                  | 4:45–5:30 pm<br>BODYPUMP<br>Jack K. – FS                                            |                                                                                       |                                                  |
|                                                                     | 5:30–6:30 pm<br>Cycle<br>Amy T. – CS                          |                                                                 | 5:30–6:30 pm<br>Cycle<br>Amy T. – CS                       |                                                                                     |                                                                                       |                                                  |
| 5:30–6:15 pm<br>Cardio Step !<br>Holly P. – FS                      | 5:30–6:15 pm<br>BODYPUMP<br>Peter W. – FS                     | 5:30–6:15 pm<br>Cardio Step !<br>Julie N./Linda R. – FS         | 5:30–6:30 pm<br>BODYPUMP<br>Illysa H. – FS                 |                                                                                     |                                                                                       |                                                  |
| 6:30–7:15 pm<br>BODYBALANCE<br>Holly P. – FS                        | 6:30–7:30 pm<br>Hip Hop Fitness ∞<br>Kim L. – FS              | 6:30–7:15 pm<br>BODYBALANCE<br>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\*\*

## MONTHLY EVENTS & HAPPENINGS

- Galactic Pizza Dine Out To Donate 1st Monday each month. 20% of proceeds donated to the Y!
- Craft & Connect Club 2nd Tuesday every other month 11:15am–12:30pm
- Dementia Partners Support Group 6–7pm 2nd & 4th Thursday each month
- The Ferguson Page Turners Book Club 11:15am–12:30pm 3rd Thursday each month
- Mahjong Club 12:00–2:30pm (for experienced players) 2nd & 4th Friday each month
- Parent’s Night Out 2nd & 4th Friday each month 5–8:45pm. Parents don’t forget your FREE PNO!
- Bouncing Books Story Hour 11am–12pm 1st Saturday each month
- Kids Club EVERY Week at Ferguson Family YMCA!  
Morning Session Mon–Fri 8–11:45am  
Afternoon Session Mon–Fri 3:30–7:15pm