GROUP EXERCISE SCHEDULE

NOVEMBER 2026

Ferguson Family YMCA

Regular weekly classes · one-time events not listed

CS Cycle Studio **FS** Fitness Studio **MPR** Multi-Purpose Room **WC** Westridge CrossFit Les Mills **$** Paid program

MON

6:00–6:45am
Athletic Conditioning
Linda R. · FS

6:00–7:00am
Westridge CrossFit $
Kevin H. · WC

7:00–7:45am
Cycle Interval Training
Steve B. · CS

7:00–8:00am
Westridge CrossFit $
Kevin H. · WC

8:15–9:00am
BODYPUMP
Corey J. · FS

8:15–9:05am
Yogalates
Gillian H. · MPR

9:00–10:00am
Westridge CrossFit $
Kevin H. · WC

9:15–10:00am
Cycle
Gillian H. · CS

9:15–10:05am
Gentle Yoga
Sascha F. · FS

10:15–11:05am
567BROADWAY!
Conny A. · FS

10:15–11:05am
Parkinson's Ride to Thrive $
Gillian H. · CS

10:15–11:00am
TRX
Corey J. · WC

11:15am–12:05pm
Low Impact Fitness
Lynne F. · FS

11:15am–12:00pm
PAID-LiftMore for Bone Health $
Mandy M. · WC

12:00–4:00pm
Open Gym
Staff · WC

1:00–2:00pm
Ferguson Fit $
Lynne F. · FS

2:00–3:30pm
LIVESTRONG at the YMCA $
Lynne F. · FS

4:00–4:45pm
FergFit Kids (4yrs+)
Megan C. · MPR

4:00–4:45pm
Teen Strength & Conditioning
Jose S. · WC

4:30–5:15pm
Athletic Conditioning
Amy A. · FS

5:30–6:15pm
Cardio Step
Holly P. · FS

6:00–7:00pm
Westridge CrossFit $
Kevin H. · WC

6:30–7:30pm
BODYBALANCE

TUE

5:00–6:00am
Westridge CrossFit $
Mandy M. · WC

6:00–7:00am
Cycle
Steve B. · CS

6:00–7:00am
Westridge CrossFit $
Mandy M. · WC

6:15–7:00am
BODYPUMP
Jack K. · FS

7:00–8:00am
Westridge CrossFit $
Mandy M. · WC

8:00–9:00am
CrossFit MASTERS (55+) $
Mandy M. · WC

8:15–9:00am
Barre
Linda R. · FS

9:00–10:00am
Cycle
Steve B. · CS

9:00–10:00am
Westridge CrossFit $
Mandy M. · WC

9:15–10:00am
BODYBALANCE
Dawn S. · FS

9:15–10:05am
Chair Yoga
Jasmine F. · MPR

10:15–11:05am
Gentle Yoga
Cynthia C. · FS

10:15–11:00am
TRX
Steve B. · WC

11:15am–12:00pm
PAID-LiftMore for Bone Health $
Mandy M. · WC

11:15am–12:45pm
Rock Steady Boxing $
Erica B. · FS

12:00–4:00pm
Open Gym
Staff · WC

4:30–5:15pm
Pilates
Carrie J. · FS

5:30–6:15pm
BODYPUMP
Peter W. · FS

5:30–6:30pm
Cycle
Amy T. · CS

6:00–7:00pm
Westridge CrossFit $
Elizabeth H. · WC

6:30–7:20pm
Hip Hop Fitness
Kim L. · FS

WED

5:00–6:00am
Westridge CrossFit $
Kevin H. · WC

6:00–6:45am
Athletic Conditioning
Bekah H. · FS

6:00–7:00am
Westridge CrossFit $
Kevin H. · WC

7:00–8:00am
Westridge CrossFit $
Kevin H. · WC

8:00–9:00am
CrossFit MASTERS (55+) $
Mandy M. · WC

8:15–9:00am
BODYPUMP
Corey J. · FS

9:00–10:00am
Cycle
Steve B. · CS

9:00–10:00am
Westridge CrossFit $
Mandy M. · WC

9:15–10:15am
BODYCOMBAT
Dawn S. · MPR

9:15–10:05am
Gentle Yoga
Sascha F. · FS

10:15–11:05am
Latin Dance
Miguel F. · FS

10:15–11:05am
Parkinson's Ride to Thrive $
Gillian H. · CS

10:15–11:00am
TRX
Corey J. · WC

10:30–11:30am
Tai Chi-Arthritis & Balance
Merideth F. · MPR

11:15am–12:00pm
PAID-LiftMore for Bone Health $
Mandy M. · WC

12:00–4:00pm
Open Gym
Staff · WC

1:00–2:00pm
Ferguson Fit $
Lynne F. · FS

2:00–3:30pm
LIVESTRONG at the YMCA $
Lynne F. · FS

4:30–5:15pm
Athletic Conditioning
Amy A. · FS

5:30–6:15pm
Cardio Step
Julie N. · FS

6:00–7:00pm
Westridge CrossFit $
Kevin H. · WC

6:30–7:30pm
BODYBALANCE
Julie N. · FS

THU

5:00–6:00am
Westridge CrossFit $
Mandy M. · WC · *no class Nov 26*

6:00–7:00am
Cycle
Steve B. · CS · *no class Nov 26*

6:00–7:00am
Westridge CrossFit $
Mandy M. · WC · *no class Nov 26*

6:15–7:00am
BODYPUMP
Jack K. · FS · *no class Nov 26*

7:00–8:00am
Westridge CrossFit $
Mandy M. · WC · *no class Nov 26*

8:00–9:00am
CrossFit MASTERS (55+) $
Mandy M. · WC · *no class Nov 26*

8:15–9:00am
Barre
Danielle C. · FS · *no class Nov 26*

9:00–10:00am
Cycle
Steve B. · CS · *no class Nov 26*

9:00–10:00am
Westridge CrossFit $
Mandy M. · WC · *no class Nov 26*

9:15–10:00am
BODYBALANCE
Dawn S. · FS · *no class Nov 26*

9:15–10:05am
Chair Yoga
Jessica M. · MPR · *no class Nov 26*

10:15–11:05am
Low Impact Fitness
Lynne F. · FS · *no class Nov 26*

10:15–11:05am
Slow Flow Yoga
Cynthia C. · MPR · *no class Nov 26*

10:15–11:00am
TRX
Steve B. · WC · *no class Nov 26*

11:15am–12:00pm
PAID-LiftMore for Bone Health $
Mandy M. · WC · *no class Nov 26*

11:15am–12:45pm
Rock Steady Boxing $
Erica B. · FS · *no class Nov 26*

12:00–4:00pm
Open Gym
Staff · WC · *no class Nov 26*

4:30–5:15pm
Pilates
Carrie J. · FS · *no class Nov 26*

5:30–6:30pm
BODYPUMP
Illysa H. · FS · *no class Nov 26*

5:30–6:30pm
Cycle
Amy T. · CS · *no class Nov 26*

6:00–7:00pm
Westridge CrossFit $
Kevin H. · WC · *no class Nov 26*

FRI

6:00–6:45am
Athletic Conditioning
Amy T. · FS

6:00–7:00am
Westridge CrossFit $
Kevin H. · WC

7:00–8:00am
Westridge CrossFit $
Kevin H. · WC

8:00–9:00am
CrossFit MASTERS (55+) $
Mandy M. · WC

8:15–9:00am
BODYCOMBAT
Dawn S. · FS

9:00–10:00am
Westridge CrossFit $
Mandy M. · WC

9:15–10:15am
Cycle
Becky S. · CS

9:15–10:05am
Gentle Yoga
Sascha F. · FS

9:15–10:05am
Yogalates
Gillian H. · MPR

10:15–11:00am
TRX
Gillian H. · WC

10:15–11:05am
Zumba
Lena S. · FS

10:30–11:30am
Tai Chi-Arthritis & Balance
Merideth F. · MPR

12:00–2:30pm
MahJong Club - Int./Adv.
Staff · MPR · *no class Nov 6, 20*

12:00–4:00pm
Open Gym
Staff · WC

1:00–2:00pm
Ferguson Fit $
Lynne F. · FS

4:45–5:30pm
BODYPUMP
Jack K. · FS

5:30–6:30pm
Westridge CrossFit $
Elizabeth H. · WC

SAT

8:15–9:00am
Cardio Step
Julie N. · FS

8:15–9:15am
Cycle
Christina W. · CS

9:00–10:00am
Westridge CrossFit $
Elizabeth H. · WC

9:15–10:00am
BODYPUMP
Katie K. · FS

9:15–10:15am
Tai Chi
Jon W. · MPR

10:15–11:15am
First Steps Line Dancing
Steve B. · MPR · *no class Nov 7, 28*

10:15–11:00am
Hip Hop Fitness
Katie W. · FS

11:15am–12:00pm
TRX
Katie W. · FS

12:00–4:00pm
Open Gym
Staff · WC

SUN

10:15–11:15am
BODYPUMP
Jack K. · FS

10:15–11:30am
Slow Flow Yoga
Jen W. · MPR

12:00–4:00pm
Open Gym
Staff · WC

Classes and instructors can change. For the latest schedule and to reserve your spot, use the Y's mobile app (scan the code on the back). Printed Oct 29, 2026.

GROUP EXERCISE SCHEDULE

CLASS DESCRIPTIONS

Ferguson Family YMCA · November 2026

Get the app
See the latest schedule, reserve your spot and get updates on changes in the Y's mobile app.

Scan with your phone's camera to download.

BARRE

Barre Taking the hottest trend in dance-inspired conditioning, ballet barre training, and using "make-sense progression" to create a format suitable for every level of exerciser, BARRE is a workout like no other! This format combines Balance, Agility, Resistance, working Recovery and Eloquence into a challenging full body workout.

CARDIO

Cardio Step A high-energy, 45 minute group fitness step aerobics workout designed for cardiovascular endurance and full-body toning, particularly for the legs and glutes. Using an adjustable step, the class combines basic stepping with rhythmic, choreographed movements, including burpees, squats, and weight-plate exercises.

Cycle A group exercise class done on stationary bikes that includes a variety of cycling techniques and skills to provide a high energy cardio workout.

Cycle Interval Training This class uses power-based intervals (%FTP-Functional Threshold Power), time in zone, & structured recovery to train specific energy systems & build strength, speed, & endurance.

COMBINATION

Athletic Conditioning A cross training workout that combines movements from various sports, bootcamp drills, muscle conditioning, and functional movements to improve cardio and muscular endurance and agility. Outdoor classes may be moved indoors or canceled due to weather.For outdoor classes, we will adhere to WeatherBug notifications of lighting within a 6 mile radius.

BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door. Ages 13+

Low Impact Fitness Enjoy fun, low-impact exercise as you move through a variety of exercises designed to be easier on your joints and bones. Increase your muscular strength and range of movement as well as your cardiovascular fitness, helping with activities of daily living.

DANCE

567BROADWAY! is a dance fitness program designed for adults to have fun, sweat and share in the love of Broadway! It's a creative workout that helps your body, mind and spirit shine brightly. You will learn steps and choreography set to Broadway tunes culminating in fun, energizing dance routines that everyone can do!

Hip Hop Fitness A dance-based cardio and toning program that blends various hip hop and dancehall moves to strengthen the core and lower body. Dip, shake and pump your body to the hottest hits while getting fit and having fun!

Latin Dance Join us for an exciting Latin dance class that will get your heart pumping and your body moving! All levels are welcome, and come ready to have fun!

Zumba A Latin inspired dance class that incorporates international and pop music creating a dynamic, exciting, and effective workout.

HEALTHY AGING EVENT

First Steps Line Dancing Join Steve and Linda for FIRST STEPS LINE DANCING. In this upbeat 4-week beginner line dancing class, you'll learn simple, classic line dances step-by-step in a supportive, judgment-free environment perfect for absolute beginners. Each class builds on the last, helping you gain confidence, coordination, and rhythm while dancing to a mix of country, pop, and classic favorites.

MahJong Club - Int./Adv. Ferguson MahJong Club is a free community club open to both YMCA members and non-members who already know how to play. It's a great opportunity to socialize, make new friends and enjoy a fun game of MahJong together. Beginner classes coming this winter! Please bring your own set if you have one as our supplies are limited. Meets the 2nd and 4th Friday each month. Register at the front desk.

KIDS

FergFit Kids (4yrs+) 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. Supports athletic development while promoting healthy habits & positive self-confidence.

Teen Strength & Conditioning Students age 13-18 will be supervised by a trainer and given direction on form and exercises using barbells, kettlebells, dumbbells and bodyweight.

MIND BODY

BODYBALANCE Ideal for any and everyone, LES MILLS BODYBALANCE is a new generation yoga class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background.

Chair Yoga Stretch, breathe and relax without having to get up and down from the floor. This class is ideal for anyone with mobility concerns or may be recovering from an injury.

Gentle Yoga A yoga class for anyone seeking relaxation. This class will work through the fundamentals of yoga including postures, alignment, and breathing. This is a great class for beginners or those wanting restful movement.

Pilates A mind body exercise evolved from the principles of Joseph Pilates. This conditioning program incorporates strengthening, toning and stretching exercises for a full body workout. Proper breathing techniques, core training, and flexibility are key portions of these classes. Note: Please talk to your instructor before class if you have osteopenia or osteoporosis.

Slow Flow Yoga Slow Flow-Slow Flow Vinyasa Yoga is a slower pace class where you will learn to combine breathing, flowing postures and meditation in this gentle, but deep approach to Vinyasa yoga. This slower-paced flow class allows time to explore the postures while cultivating strength, flexibility, balance, and calm.

Tai Chi is 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-Arthritis & Balance Tai Chi for Arthritis helps to increase strength, flexibility, mobility and balance. For people with or without arthritis, Tai Chi for Arthritis is a good way to start your journey to better health. It is an enjoyable and safe set of forms which delivers many health benefits.

Yogalates is the integration of classic pilates exercises with slow flow yoga. We will be focusing on strengthening the muscles of the core with particular attention to the abdominal. We also will focus on lengthening muscles through yoga flow sequences. Yogalates will leave you feeling stronger and more flexible throughout the whole body.

STRENGTH

BODYPUMP is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to develop lean muscle and get fit. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class…

TRX Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously.

GENERAL

Open Gym The Westridge Crossfit space will be open to all YMCA members 16 and up. Must sign in upon entry.

PAID PROGRAM

CrossFit MASTERS (55+) $ Must be a registered Westridge CrossFit memberCrossFit Masters is geared toward adults 55+ but is open to adults of all ages and fitness levels. This slower-paced, highly scalable CrossFit class emphasizes appropriate modifications, movement quality, and building confidence with CrossFit movements.

Ferguson Fit $ is a falls prevention exercise program that improves endurance, strength, balance, and flexibility. Designed to reduce arthritis symptoms with safe, low impact exercises led by certified instructors in a relaxed atmosphere that promotes fun, laughter, friendship, and smiles. We welcome participants to observe or take a one-time free class! This is a paid program Register online at front desk.

LiveStrong at the YMCA $® (LSATY) FREE 12-week program for adult cancer survivors. Trained Y wellness coaches work with each participant as they transition from treatment to regaining their physical and emotional strength. Requires physician approval/clearance and advanced registration into the program.

PAID-LiftMore for Bone Health $ FEE BASED PROGRAM -LiftMore for Bone Health is a small group personal training program for those wanting to strength train for bone health in a supervised setting. It includes structured high intensity resistance and impact training focused on improving bone density and muscle strength, especially for those with low bone mass or osteoporosis.

Parkinson's Ride to Thrive $ PAID PROGRAM-Parkinson's Ride to Thrive is an indoor group cycling program runs weekly for 6-weeks. Led by a trained instructor, P4P provides a monitored and safe exercise program using stationary bikes. P4P participants report improved balance, increased strength, reduction in symptoms and better sleep habits. Fee-based program, $62.50 members/ $75 non-member; financial assistance is available.

Rock Steady Boxing $ This 12-week Parkinson's wellness recovery program is designed to help maintain or restore skills that deteriorate and interfere with everyday movements. Exercises are largely adapted from boxing drills that focus on optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength.

Westridge CrossFit $ Must be a registered Westridge CrossFit memberFor information on adding CrossFit to your Y membership or to try out your first class for free, email eholmes@ymcawnc.org. Westridge CrossFit classes are functional fitness workouts led by experienced coaches for people of all ability levels to improve their physical well-being and cardiovascular fitness.

Good to know: Reservation is forfeited if not present at scheduled start of class.