

# GROUP EXERCISE CLASS DESCRIPTIONS

## CARDIO

**Group Cycling** Indoor cycle class on stationary bikes that includes a variety of techniques & skills to provide a high energy cardio workout. Reservation required. You must be 16 & up to ride.

## CARDIO / STRENGTH

**Athletic Conditioning** Cardio, strength, balance, & plyometric drills, plus core work designed to improve performance in athletics as well as everyday activities. Functional fitness at its best!

**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

**Core De Force** class is much more than a typical cardio class. It's an empowering, core-focused workout, inspired by the highest octane sport in the world-mixed martial arts. Class uses bodyweight only for strength movements. All levels welcome

**Low Impact Fitness** A class geared toward active older adults and can be performed seated or standing. Cardio, strength, flexibility, are all included in this format.

**P90X LIVE** Keep your body guessing and transforming with a variety of strength-training moves, cardio, and core work. Find strength in numbers as you tone strong, lean muscles and bust through any plateaus that stand in your way. Together, you'll Bring It Better!

**Strong 30** Stop counting the reps. Start training to the beat. STRONG combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

**HIIT** High Intensity Interval Training (HIIT) is a challenging class designed to increase your muscular strength, maximize calorie burn, and blast through plateaus. You'll experience short, intense bouts of exercise using many modes of training including body weight, suspension training and kettlebells.

**TRX®** Suspension Training bodyweight exercise develops strength, balance, flexibility & core stability simultaneously.

## STRENGTH

**Strength Fusion** Sculpt your entire body using a variety of equipment & exercises with an emphasis on strength & balance.

## DANCE

**Zumba®** Latin-inspired dance class that incorporates international & pop music, creating a dynamic, exciting, & effective workout.

**Zumba® Gold** is a no-impact offering.

**Hip Hop Fitness** A dance-based cardio & toning program that blends various hip hop & dancehall moves to strengthen the core & lower body. Dance to the hottest hits while getting fit & having fun!

## MIND / BODY

**Vinyasa Yoga** Students focus on linking conscious breath with a mindful flow, awakening their strength, energy, & flexibility.

**Power Yoga** An active yoga style that moves more quickly through poses building heat, strength & flexibility. Poses are linked together with vinyasa. Expect to sweat!

**Restorative Yoga** work with props to achieve postures that are restful & meditative. Poses are held for longer, & movement is slow & intentional. Great for beginners, those seeking relaxation, or participants with joint & mobility limitations.

**Gentle Yoga** A class with a more gentle approach to yoga. Class will work through a series of gentle postures with a focus on breathing techniques.

**Pilates** Incorporates core training, stretching, & proper breathing techniques for a full body workout. NOTE: Please let your instructor know if you have osteopenia/osteoporosis.

**Kid's Classes** Will be a special offering during the month, best suited for kid's ages 5-9 years old. They will need to be signed into Child Watch and then can be taken to class and back to Child Watch after.

**How to register for √ classes:** Go to [ymcawnc.org](http://ymcawnc.org). Click "Schedules" at the top of the page. Click "Group Exercise Button." Set location by the drop down menu. Click the "Sign Up" button. Click the "Create a Login" tab, enter the appropriate fields, and click "Register." Click the blue "log in" button. Use your email address and password to log in. Click "reserve a spot."



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

## FERGUSON FAMILY YMCA

## AUGUST 2019

### This Month at Your Y.....

#### • AuGUEST

All Month Long!

Members, when you bring a guest to the Y and they join by August 31, both of you will earn a free month of membership! Visit the Membership Desk to learn more.

#### • FitGO

August 19- 31

The FITGO Challenge is like BINGO for your health. Complete activities for a healthy spirit, mind, and body to win prizes! Sign up at the Membership Desk.

#### • Parent's Night Out

August 16 | 4:15-8pm

Enjoy a night out while the kids hang out with us! Register with the Front Desk.

#### • Wheels & Weights

August 12—September 23 | 5:30-6:45pm

Join Steve Brooker for a 6-week, mixed-format class including approximately 35 minutes of spinning & 35 minutes of strength work.

### FACILITY HOURS

Mon-Thurs	5:30am - 9:00pm
Fri	5:30am - 8:00pm
Sat	8:00am - 6:00pm
Sun	1:00pm - 6:00pm

### YOUTH DEVELOPMENT HOURS

Mon-Fri	8:00am - 12:00pm 4:00pm - 8:00pm
Sat	8:00am - 12:00pm
Sun	1:30-5:30 pm

### Ferguson Family YMCA

31 Westridge Marketplace  
Candler, NC 28715

828 575-2940 • [ymcawnc.org](http://ymcawnc.org)



# FERGUSON FAMILY YMCA

## GROUP EXERCISE SCHEDULE

### 2019 | AUGUST

- New to Group Exercise Class
- ✓ Reservation May be Required
- ! High Intensity/Experienced Exercisers
- ∞ Kids Class/ Family Friendly
- + New Class or Class change

- S** Studio    **CS** Cycle Studio
- FFR** Functional Fitness Room
- MPR** Multi-Purpose Room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00a-6:50a Strength Fusion Linda Rettig S	5:45a-6:45a ✓ Group Cycle Steve Brookner CS	6:15a-7:15a Core de Force Blake Moore S	5:45a-6:45a ✓ Group Cycle Steve Brookner CS	<b>8:15a-9:00a ✓ Cycle Express Mike Stanton CS (Starting 8/16)*</b>	8:15a-9:05a ∞ Zumba Yliana Tuck S	
7:00a-8:00a Barre Linda Rettig S	7:00a-8:00a Pilates Linda Martin S	8:15a-9:20a Vinyasa Yoga Rene Catano MPR	8:30a-9:25a HIIT Melissa Hutcherson S	8:30a-9:20a Gentle Flow Yoga Sascha Frowine S	8:15a-9:00a ✓ Cycle 45 Shonna Campbell CS	
<b>8:15a-9:00a ✓ Cycle Express Mike Stanton CS (Starting 8/12)*</b>	8:30a-9:25a P90X LIVE Blake Moore S	9:15a-10:15a ✓ Group Cycle Caitlin Smits CS	9:15a-10:15a ✓ Group Cycle Steve Brookner CS	8:30a-9:00a STRONG 30 Katie Nix MPR	8:30a-9:00a ∞ Kids Yoga Jodi Eubanks MPR	
8:30a-9:20a Gentle Flow Yoga Sascha Frowine S	9:15a-10:15a ✓ Group Cycle Steve Brookner CS	9:30a-10:20a ∞ Hip Hop Fitness Katie Nix S	9:30a-10:20a Gentle Flow Yoga Sascha Frowine S	9:15a-10:15a ✓ Group Cycle Mike Stanton CS	9:15a-10:30a Power Yoga Jodi Eubanks S	
9:15a-10:15a ✓ Group Cycle Mike Stanton CS	9:30a-10:20a Flow Yoga Jackaline Stallings S	10:30a-11:15a ✓ TRX Ted Smith FFR	10:30p-11:15a ✓ TRX Ted Smith FFR	9:30a-10:20a Restorative Yoga (Chair) Sascha Frowine MPR	9:15a-10:15a ✓ Group Cycle Steve B./ Caitlin Smits CS	<b>2:00p-2:50p Zumba Miguel Flamini S</b>
9:30a-10:20a Restorative Yoga (Chair) Sascha Frowine MPR	10:30a-11:15a ✓ TRX Ted Smith FFR	10:30a-11:20a Zumba Gold Becky Eatmon S	10:30a-11:20 ∞ + Zumba Katie Nix S	9:45a-10:15a STRENGTH Express Cherie Montou S	11:00a-11:50a Low Impact Fitness Staff S	3:15p-4:15p ∞ Vinyasa Yoga Kristina Breidenstein S
9:30a-10:20a ∞ + Hip Hop Fitness Katie Nix S	10:30a-11:20a ∞ Zumba Katie Nix S	1:00-2:00pm Studio in Use		10:20a-10:50a CORE Express Cherie Montou S		
10:30a-11:15a ✓ TRX Nadja Simon FFR				10:30a-11:15a ✓ TRX Nadja Simon FFR		
10:30a-11:20a Zumba Gold Becky Eatmon MPR				<b>10:30a-11:20a Zumba Gold Becky Eatmon MPR</b>		
11:00a-11:50a + Low Impact Fitness Jennifer Arrowood S	4:15p-5:00p + Athletic Conditioning Ted Smith S			11:00a-11:50a Low Impact Fitness Jennifer Arrowood S	<b>Free Weekend Meals for Kids   11am-1pm Every Saturday</b>	
1:00-2:00pm Studio in Use	5:15p-6:15p Power Yoga Julie Wild S			1:00-2:00pm Studio in Use		
4:00p-4:45p ✓ TRX Steve Brookner FFR	5:30p-6:30p ✓ Group Cycle Steve Brookner CS	4:15p-5:15p Pilates Kelly Richards S	5:30p-6:30p ✓ Group Cycle Steve Brookner CS			
<b>5:30p-6:20p ∞ Zumba Therese Lavalley MPR</b>	6:30p-7:30p Strength Fusion Blake Moore S	5:30p-6:15p HIIT Steve Brookner S	5:30p-6:20p ∞ Hip Hop Fitness Kim Lanzarotta S			
6:30p-7:30p Vinyasa Yoga Shona McHone MPR	6:45p-7:45p ∞ Zumba Kim Lanzarotta MPR	6:30p-7:30p Vinyasa Yoga Jodi Eubanks MPR	6:30p-7:30p Strength Fusion Ted Smith S			

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updates and Ferguson Family  
YMCA happenings!!**