

GROUP EXERCISE CLASS DESCRIPTIONS

CARDIO / STRENGTH

Athletic Conditioning A cross training workout that combines movements from various sports, boot camp drills, muscle conditioning, & functional movements to improve cardio & muscular endurance & agility.

Barre Takes the hottest trends in dance -inspired conditioning, ballet barre training & uses "make-sense progressions" to create a format suitable for every level of 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 Whether you're new to step or an experienced stepper, this class is appropriate for all levels with fun and interesting choreography sure to challenge the mind & body.

Cycle Indoor cycle class on stationary bikes that includes a variety of techniques & skills to provide a high energy cardio workout.

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.

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

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

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 dancing!

Zumba® Latin inspired 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 for Arthritis & Balance In this class, you will have a chance 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 will 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 level varies. All 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.

EBHI (Evidence-Based Health Intervention) & PAID PROGRAMS

Advanced Tai Chi (1st Monday Jun/ Jul/Aug) Designed for experienced Tai Chi practitioners, this workshop focuses on learning and refining the 24-form (Yang-style) Tai Chi sequence. Participants will deepen their understanding of form, flow, and technique while improving balance, coordination, and mental focus. Each session builds on the last, offering progressive instruction and opportunities for personal growth in a supportive, mindful environment. *Paid Program.

Ferguson Fit 18-week falls prevention exercise program that improves endurance, strength, balance, & flexibility. Designed to reduce arthritis symptoms with safe, low impact exercises led by certified instructors in a relaxed atmosphere that promotes fun, & friendship! *Paid program.

Relax & Restore (last Saturday May/ Jun/Jul/Aug)

Step away from the business of your life & give yourself the gift of deep relaxation. In this restorative workshop you will be guided through gentle movement, stretching & breath practices designed to calm the mind, release physical tension & restore inner balance. No prior experience needed, just a willingness to create space to slow down. *Paid program.

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

KIDS PROGRAMS

Bouncing Books Story Hour a lively, language-enrichment story featuring movement, music and reading with our friends from Enka-Candler Library. Parent participation required. *Occurs first Saturday of each month. FREE!

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

JULY 2025

FERGUSON FAMILY YMCA

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

RESERVE YOUR SPOT

Required reservations for classes open 26 hours in advance.

Scan this code to download the mobile app & 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

JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 a.m. Athletic Cond! Linda R. - FS	6:00-7:00 a.m. Cycle Steve B. - CS	6:00-6:45 a.m. Athletic Cond! Steve B. - FS	6:00-7:00 a.m. Cycle Steve B. - CS	6:00-6:45 a.m. Athletic Cond! Amy T. - FS		
8:15-9:05 a.m. Yogalates Gillian P. - MPR NEW!	6:00-7:00 a.m. BodyPump Elizabeth B. - FS		6:00-7:00 a.m. BodyPump Elizabeth B. - FS			
8:15-9:00 a.m. BodyPump Corey J. - FS	8:15-9:00 a.m. Barre ∞ Linda R. - FS	8:15-9:00 a.m. BodyPump Corey J. - FS	8:15-9:00 a.m. Barre ∞ Alexa W. - FS	8:15-9:00 a.m. BodyCombat! Dawn S. - FS	8:15-9:15 a.m. Cycle Christina W. - CS	
9:15-10:00 a.m. Cycle Gillian P. - CS	9:00-10:00 a.m. Cycle Steve B. - CS	9:00-10:00 a.m. Cycle Steve B. - CS	9:00-10:00 a.m. Cycle Steve B. - CS	9:00-10:00 a.m. Cycle Mike S. - CS		
9:15-10:05 a.m. Gentle Yoga Sascha F. - FS	9:15-10:00 a.m. BodyBalance Dawn S. - FS	9:15-10:05 a.m. Gentle Yoga Sascha F. - FS	9:15-10:00 a.m. BodyBalance Dawn S. - FS	9:15-10:05 a.m. Gentle Yoga Sascha F. - FS	9:15-10:00 a.m. BodyPump Katie K. - FS	
10:00-11:00 a.m. NEW! Advanced Tai Chi Merideth F. - MPR *PAID PROGRAM* - 1st Mon. of ea. month	10:15 - 11:00 a.m. TRX Steve B. - CFR	9:15-10:00 a.m. BodyCombat! Dawn S. - MPR	10:15 - 11:00 a.m. TRX Steve B. - CFR	9:15-10:05 a.m. Yogalates Gillian P. - MPR	9:30-10:30 a.m. NEW! Relax & Restore Gillian P. - MPR *PAID PROGRAM* - last Sat. of ea. month	10:15-11:00 a.m. Strength Fusion Shelley N. - FS
10:15-11:00 a.m. TRX Corey J. - CFR	10:15-11:05 a.m. Gentle Yoga Cynthia C. - FS	10:15-11:00 a.m. TRX Corey J. - CFR	10:15-11:05 a.m. Slow Flow Yoga Tom H. - MPR	10:15-11:00 a.m. TRX Gillian P. - CFR	10:15-11:05 a.m. Hip Hop Fitness ∞ Deana C. - FS	10:15-11:15 a.m. Slow Flow Yoga Tom H. - MPR
10:15-11:05 a.m. Zumba ∞ Deborah P. - FS		10:15-11:05 a.m. Zumba ∞ Miguel F. - FS	10:15 a.m.-11:05 p.m. Low Impact Fitness Lynne F. - FS	10:15-11:05 a.m. Zumba ∞ Lena S. - FS	11:00 a.m.-12:00 p.m. Bouncing Books ∞ E/C Library Staff - MPR *1st Sat. of ea. month	
11:15 a.m.-12:05 p.m. Low Impact Fitness Lynne F. - FS	11:15 a.m.-12:45 p.m. Rock Steady Boxing Erica B. - FS *PAID PROGRAM	10:30 a.m.-11:30 a.m. Tai Chi-Arthritis & Balance Merideth F. - MPR	11:15 a.m.-12:45 p.m. Rock Steady Boxing Erica B. - FS *PAID PROGRAM*	10:30 a.m.-11:30 a.m. Tai Chi-Arthritis & Balance Merideth F. - MPR		
1:00-2:00 p.m. Ferguson Fit Lynne F. - FS *PAID PROGRAM*		12:00 p.m.-12:45 p.m. Teen Strength & Conditioning Jose S. - MPR NEW!		1:00-2:00 p.m. Ferguson Fit Lynne F. - FS *PAID PROGRAM*	<div> VIRTUAL GROUP EX Workout ANYWHERE ANYTIME!  </div>	
4:30-5:15 p.m. Pilates Carrie J. - FS	4:30-5:15 p.m. Athletic Cond! Amy A. - FS	1:00-2:00 p.m. Ferguson Fit Lynne F. - FS *PAID PROGRAM*	4:30-5:15 p.m. Athletic Cond! Amy A. - FS			
5:30-6:30 p.m. Cycle Bekah H. - CS	5:30-6:30 p.m. Cycle Amy T. - CS	4:30-5:15 p.m. BodyBalance Julie N. - FS				
5:30-6:15 p.m. Strength Fusion Steve B. - FS	5:30-6:15 p.m. BodyPump Karen J. - FS	5:30-6:15 p.m. Cardio Step Julie N. - FS	5:30-6:30 p.m. Cycle Amy T. - CS			
6:30-7:30 p.m. Vinyasa Yoga Cynthia C. - FS	6:30-7:30 p.m. Hip Hop Fitness ∞ Kim L. - FS	6:30-7:30 p.m. Vinyasa Yoga Cynthia C. - FS	5:30-6:30 p.m. BodyPump Illysa H. - FS			

SCHEDULE KEY

Classes in **PURPLE** are Les Mills Classes
Classes in **YELLOW** are new or have changed

FS Fitness Studio CS Cycle Studio
MPR Multi-purpose Room CFR CrossFit Room
‡ High Intensity ∞ Family Friendly / Kid Class

JULY EVENTS

- Refer a Friend to the Y! You each get \$10 OFF for the next 3 months!
- July 1, Tues. 8:00-9:20 am. Movement for Life Injury Screens. Sign-up at front desk. FREE!
- July 4, Friday CLOSING at 1:00pm
- July 7, Mon. 10-11am Advanced Tai Chi Workshop with Merideth. Continues 1st Monday of the month June-Aug. Paid program.
- July 12, Sat. 8:15 am-12pm Les Mills Launch Party
- July 17, Thurs. Dine & Donate with Galactic Pizza 20% of proceeds go to the Y!
- July 26, Sat. 9:30-10:30 am Relax & Restore workshop with Gillian. Continues 1st Monday of the month May-Aug. Paid program.

FOR THE KIDS

- NEW!** Teen Strength & Conditioning Wednesdays 12-1pm with Trainer Jose Sanchez
- Bouncing Books Saturday, July 5 with our friends from Enka Candler Library FREE!
- CAMP KIDDOS Ages 3-5 half day summer camp 8:30 am-12:30 pm Mon-Fri thru August 15th
- KIDS CLUB Every Mon-Fri 8:00-11:45 am AND Mon-Thurs. 3:30-7:15 pm
- PARENT'S NIGHT OUT July 11th & 25th Friday, 5:00-8:45 pm at Ferguson Family YMCA. Parents - Don't forget your FREE Quarterly PNO!