

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 each month) Designed for experienced Tai Chi practitioners, this workshop focuses on learning & refining the 24-form (Yang-style) Tai Chi sequence. Deepen your understanding of form, flow, & technique while improving balance, coordination, & mental focus. Each session builds on the last, offering progressive instruction & opportunities for personal growth in a supportive environment* Paid Program.

Ferguson Fit A 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.

Pedaling For Parkinson's (P4P) is a 6-week indoor group cycling program that meets in person weekly. Led by a trained instructor, P4P provides a monitored & safe exercise program using stationary bikes. P4P participants report improved balance, increased strength, reduction of symptoms & better sleep habits. *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.

LIFT MORE Lifting Intervention for Training Muscle & Osteoporosis Rehab focuses on using high-intensity resistance & impact training to improve bone density & muscular strength. *6wks Paid Program.

KIDS PROGRAMS

Bouncing Books Story Hour 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. 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!

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. *12 weeks paid program meets 1x weekly on Tuesdays.

Family-Friendly Cardio Dance a fun, family-friendly cardio dance class designed to get your heart pumping. Learn choreography to the hottest hits (K-Pop, Demon Hunters playlist!) and enjoy dancing in a judgement-free zone with folks of all ages--two left feet are always welcome! Bilingual Instructor speaks Spanish & English.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

NOVEMBER 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

NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 a.m. Athletic Cond Linda R. - FS (I)	6:00-7:00 a.m. Cycle Steve B. - CS	6:00-6:45 a.m. Athletic Cond Steve B. - FS (I)	6:00-7:00 a.m. Cycle Steve B. - CS	6:00-6:45 a.m. Athletic Cond Amy T. - FS (I)		
7:00-8:00 a.m. Vinyasa Yoga Bekah H. - FS NEW!	6:00-7:00 a.m. BodyPump Elizabeth B. - FS	7:00-8:00 a.m. Pilates Carrie J. - FS NEW!	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 ∞ Danielle C. - FS	8:15-9:00 a.m. BodyCombat Dawn S. - FS (I)	8:15-9:15 a.m. Cycle Christina W. - CS	
8:15-9:05 a.m. Yogalates Gillian P. - MPR	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	9:15-10:15 a.m. Cycle Staff - CS		
9:15-10:00 a.m. Cycle Gillian P. - CS	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	
9:15-10:05 a.m. Gentle Yoga Sascha F. - FS	10:15 - 11:00 a.m. TRX Steve B. - CFR	9:15-10:00 a.m. BodyCombat Dawn S. - MPR (I)	10:15 - 11:00 a.m. TRX Steve B. - CFR	9:15-10:05 a.m. Yogalates Gillian P. - MPR		
10:00-11:00 a.m. Advanced Tai Chi Merideth F. - MPR <i>1st Mon. each month</i>	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/Laura - FS	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. 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		10:15-11:30 a.m. Slow Flow Yoga Tom H. - MPR
10:15-11:05 a.m. Zumba ∞ Deborah P. - FS	11:15 a.m.-12:00 p.m. LiftMore Mandy M. - CFR	10:30 a.m.-11:30 a.m. Tai Chi-Arthritis & Balance Merideth F. - MPR	11:15 a.m.-12:00 p.m. LiftMore Mandy M. - CFR	10:30 a.m.-11:30 a.m. Tai Chi-Arthritis & Balance Merideth F. - MPR		
10:15-11:05 a.m. Pedaling for Parkinson's Gillian P. - CS	11:15 a.m.-12:45 p.m. Rock Steady Boxing Erica B. - FS	10:15-11:05 a.m. Pedaling for Parkinson's Gillian P. - CS	11:15 a.m.-12:45 p.m. Rock Steady Boxing Erica B. - FS		11:00 a.m.-12:00 p.m. Bouncing Books ∞ E/C Library Staff - MPR <i>*1st Sat. of ea. month</i>	
11:15 a.m.-12:05 p.m. Low Impact Fitness Lynne F. - FS	4:30-5:00 p.m. Creative Movement Danielle C. - MPR <i>(ages 3-4)</i>					
1:00-2:00 p.m. Ferguson Fit Lynne F. - FS	4:30-5:15 p.m. Athletic Cond Amy A. - FS (I)	1:00-2:00 p.m. Ferguson Fit Lynne F. - FS	4:30-5:15 p.m. Athletic Cond Amy A. - FS (I)	1:00-2:00 p.m. Ferguson Fit Lynne F. - FS		
4:30 p.m.-5:15 p.m. Teen Strength Cond. Jose S. - CFR NEW!	5:15-6:00 p.m. Youth Ballet Danielle C. - MPR <i>(ages 5-7)</i>			4:45-5:30 p.m. Family-Friendly Cardio Dance Katie W. - FS ∞ NEW!		
4:30-5:15 p.m. Pilates Carrie J. - FS	5:30-6:30 p.m. Cycle Amy T. - CS	4:30-5:15 p.m. BodyBalance Julie N. - FS	5:30-6:30 p.m. Cycle Amy T. - CS			
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. BodyPump Illysa H. - FS			
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				

SCHEDULE KEY

Classes in **PURPLE** are Les Mills Classes

Classes in **YELLOW** are new or have changed

Classes in **GREEN** are PAID programs

FS Fitness Studio

CS Cycle Studio

MPR Multi-purpose Room

CFR CrossFit Room

(I) High Intensity

∞ Family Friendly / Kid Class

NOVEMBER EVENTS

11/3 Mon. 10-11am **Advanced Tai Chi Workshop**

11/3 Mon. & Wed. 10:15am-11:05am **Pedaling for Parkinson's** starts up again!

11/3 Mon. & Wed. 11:15am-12:15pm **Serenity for the Season**

11/4 Tues. 8-9:20am **FREE Injury Screenings** with MFL

11/4 Tues. 11:15am-1:00pm **Craft Club FREE!**

11/5 & 11/19 Wed. 12:30-1:30pm **Bridge Club FREE!**

11/13 & 11/27 Thurs. 6-7pm **Dementia Partners YMCA**

Support Group FREE!

11/18 Tues. 1:00-2:00pm **Gentle Yoga & Meditation** at Enka Candler Library. **FREE!**

11/18 Tues. 12:30-5pm **American Red Cross Blood Drive**

11/26 Wed. 11:45am-12:45pm **Expert Talk: Osteoporosis Management** with MFL. **FREE!**

11/27 Thurs. **CLOSED FOR THANKSGIVING**

FOR THE KIDS:

11/1 Sat. 11am-12pm **Bouncing Books** **FREE!**

11/14 & 11/28, Fri. 5:00-8:45pm **Parent's Night Out**—Don't forget your **FREE** Quarterly PNO!

KIDS CLUB Every Mon-Fri 8:00-11:45am & Mon.-Thurs. 3:30-7:15pm

NEW CLASS! **Family-Friendly Cardio Dance** Every Friday 4:45-5:30pm [Spanish/English spoken]

VIRTUAL GROUP EX

Workout ANYWHERE ANYTIME!

