

# 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 & muscular endurance.

**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** appropriate for new or advanced steppers, this class is sure to challenge the mind & body with fun & interesting choreo for a great workout!

**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.

**Strength Fusion** Sculpt your entire body using a variety of equipment & exercises with an emphasis on strength, coordination & 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**  
**567BROADWAY!** is 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.

## 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.

**Advanced Tai Chi** For experienced Tai Chi practitioners, this class focuses on learning & refining the 24-form (Yang-style) Tai Chi sequence. Deepen understanding of form, flow, & technique while improving balance, coordination, & mental focus.

**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.

## 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 **LiveStrong at the YMCA® (LSATY)** 12-week program for adult cancer survivors. Trained Y wellness coaches work with each participant as they transition from treatment to regaining their physical & emotional strength. Must have medical consent. FREE!

**Pedaling For Parkinson's** indoor 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

**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.

## 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 Jr. (3-5 yrs.)** introduces preschoolers to fitness through imaginative games, obstacle courses, & age-appropriate strength & movement activities. Kids develop coordination, agility, listening skills, & confidence while learning exercise is FUN!

**FergFit Kids (6yrs+)** 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+ will be supervised by a trainer & given direction on form & exercises using barbells, kettlebells, dumbbells & bodyweight.

**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 for ages 7 to 70+! Bi-lingual instructor speaks Spanish & English. \*2nd Sunday of each month.

**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.



## GROUP EXERCISE SCHEDULE

APRIL 2026

FERGUSON FAMILY YMCA

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

# APRIL 2026

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  | SUNDAY   |
|--|---|--|--|--|---|--|
| 6:00-6:45 a.m.<br>Athletic Cond<br>Linda R. - FS (!)                           | 6:00-7:00 a.m.<br>Cycle<br>Steve B. - CS  | 6:00-6:45 a.m.<br>Athletic Cond<br>Steve B. - FS (!)                         | 6:00-7:00 a.m.<br>Cycle<br>Steve B. - CS                                 | 6:00-6:45 a.m.<br>Athletic Cond<br>Amy T. - FS (!)                           |   |  |
| 7:00 a.m.-7:45 a.m.<br>Cycle Interval<br>Training (!)<br>J.D. - CS <b>NEW!</b> | 6:00-7:00 a.m.<br>BodyPump<br>Elizabeth B. - FS                                   | 7:00-8:00 a.m.<br>Pilates<br>Carrie J. - FS                                  | 6:00-7:00 a.m.<br>BodyPump<br>Elizabeth B. - FS                          | 7:00-8:00 a.m.<br>Vinyasa Yoga<br>Bekah H. - FS                              |   |  |
| 8:15-9:00 a.m.<br>BodyPump<br>Corey J. - FS                                    | 8:15-9:00 a.m.<br>Barre ∞<br>Linda R. - FS  | 8:15-9:00 a.m.<br>BodyPump<br>Corey J. - FS                                  | 8:15-9:00 a.m.<br>Barre ∞<br>Danielle C. - FS                            | 8:15-9:00 a.m.<br>BodyCombat (!)<br>Dawn S. - FS                             | 8:15-9:15 a.m.<br>Cycle<br>Christina W. - CS  |  |
| 8:15-9:05 a.m.<br>Yogalates<br>Gillian P. - MPR                                | 8:15 a.m.-9:00a.m.<br>LIFTMORE<br>Mandy M. - CFR                                  | 9:00-10:00 a.m.<br>Cycle<br>Steve B. - CS                                    | 8:15 a.m.-9:00a.m.<br>LIFTMORE<br>Mandy M. - CFR                         | 9:15-10:15 a.m.<br>Cycle<br>Mike S. - CS                                     |   |  |
| 9:15-10:00 a.m.<br>Cycle<br>Gillian P. - CS                                    | 9:00-10:00 a.m.<br>Cycle<br>Steve B. - CS   | 9:15-10:05 a.m.<br>Gentle Yoga<br>Sascha F. - FS                             | 9:00-10:00 a.m.<br>Cycle<br>Steve B. - CS                                | 9:15-10:05 a.m.<br>Gentle Yoga<br>Sascha F. - FS                             | 9:15-10:00 a.m.<br>BodyPump<br>Katie K.- FS   |  |
| 9:15-10:05 a.m.<br>Gentle Yoga<br>Sascha F. - FS                               | 9:15-10:00 a.m.<br>BodyBalance<br>Dawn S. - FS                                    | 9:15-10:15 a.m.<br>BodyCombat (!)<br>Dawn S. - MPR                           | 9:15-10:00 a.m.<br>BodyBalance<br>Dawn S. - FS                           | 9:15-10:05 a.m.<br>Yogalates<br>Gillian P. - MPR                             |   |  |
| 10:15-11:00 a.m.<br>TRX<br>Corey J. - CFR                                      | 9:15-10:05 a.m.<br>Chair Yoga<br>Jasmine F. - MPR                                 | 10:15-11:00 a.m.<br>TRX<br>Corey J. - CFR                                    |  | 10:15-11:00 a.m.<br>TRX<br>Gillian P. - CFR                                  | 10:15-11:05 a.m.<br>Hip Hop Fitness ∞<br>Deana C./Kelly W. - FS                               | 10:15-11:00 a.m.<br>BodyPump<br>Jack K. - FS <b>NEW!</b>   |
| 10:15-11:05 a.m.<br>567Broadway ∞<br>Conny A. - FS                             | 10:15 - 11:00 a.m.<br>TRX<br>Steve B. - CFR                                       | 10:15-11:05 a.m.<br>Zumba ∞<br>Miguel F. - FS                                | 10:15 - 11:00 a.m.<br>TRX<br>Steve B. - CFR                              | 10:15-11:05 a.m.<br>Zumba ∞<br>Lena S.- FS                                   |   | 10:15-11:30 a.m.<br>Slow Flow Yoga<br>Tom H. - MPR   |
|  | 10:15-11:05 a.m.<br>Gentle Yoga<br>Cynthia C. - MPR                               | 10:30 a.m.-11:30 a.m.<br>Tai Chi-Arthritis &<br>Balance<br>Merideth F. - MPR | 10:15-11:05 a.m.<br>Slow Flow Yoga<br>Tom H. - MPR                       | 10:30 a.m.-11:30 a.m.<br>Tai Chi-Arthritis &<br>Balance<br>Merideth F. - MPR |   | 11:10-11:55 a.m.<br>Family-Friendly<br>Cardio Dance ∞<br>Katie W. - FS (ages 7+)<br>*2nd Sun. each month |
| 10:15-11:05 a.m.<br>Pedaling for<br>Parkinson's<br>Gillian P. - CS             |   | 10:15-11:05 a.m.<br>Pedaling for<br>Parkinson's<br>Gillian P. - CS           | 10:15 a.m.-11:05 p.m.<br>Low Impact Fitness<br>Lynne F. - FS             |  | 11:00 a.m.-12:00 p.m.<br>Bouncing Books ∞<br>E/C Library Staff-MPR<br>*1st Sat. of each month |  |
| 11:15 a.m.-12:05 p.m.<br>Low Impact Fitness<br>Lynne F. - FS                   | 11:15 a.m.-12:00p.m.<br>LIFTMORE<br>Mandy M. - CFR                                |  | 11:15 a.m.-12:00p.m.<br>LIFTMORE<br>Mandy M. - CFR                       |  |   |  |
| 1:00-2:00 p.m.<br>Ferguson Fit<br>Lynne F. - FS                                | 11:15a.m.-12:45p.m.<br>Rock Steady Boxing<br>Erica B. - FS                        | 1:00-2:00 p.m.<br>Ferguson Fit<br>Lynne F. - FS                              | 11:15a.m.-12:45p.m.<br>Rock Steady Boxing<br>Erica B. - FS               | 1:00-2:00 p.m.<br>Ferguson Fit<br>Lynne F. - FS                              |   |  |
| 3:30 p.m.-4:00 p.m.<br>FergFit Kids Jr. (a.3-5)<br>Megan - MPR ∞ <b>NEW!</b>   | 2:00-3:30 p.m.<br>LIVESTRONG at the Y<br>Lynne F. - FS                            |  | 2:00-3:30 p.m.<br>LIVESTRONG at the Y<br>Lynne F. - FS                   |  |   |  |
| 4:00 p.m.-4:45 p.m.<br>Teen Strength Cond.<br>Jose S. - CFR (a.13+)            | 4:30-5/5:15-6:00 p.m.<br>Youth Ballet 8-wk<br>(a.3-4; a.5-7)<br>Danielle C. - MPR |  | 4:00 p.m.-5:00 p.m.<br>Advanced Tai Chi <b>NEW!</b><br>Merideth F. - MPR |  |   |  |
| 4:15 p.m.-5:00 p.m.<br>FergFit Kids (a.6+)<br>Megan - MPR ∞ <b>NEW!</b>        | 4:30-5:15 p.m.<br>Athletic Cond<br>Amy A. - FS (!)                                | 4:30-5:15 p.m.<br>BodyBalance<br>Julie N. - FS                               | 4:30-5:15 p.m.<br>Athletic Cond<br>Amy A. - FS (!)                       |  |   |  |
| 4:30-5:15 p.m.<br>Pilates<br>Carrie J. - FS                                    | 5:30-6:30 p.m.<br>Cycle<br>Amy T. - CS  | 5:30-6:15 p.m.<br>Cardio Step<br>Julie N. - FS                               | 5:30-6:30 p.m.<br>Cycle<br>Amy T. - CS                                   |  |   |  |
| 5:30-6:15 p.m.<br>Strength Fusion<br>Steve B. - FS                             | 5:30-6:15 p.m.<br>BodyPump<br>Peter W. - FS                                       |  | 5:30-6:30 p.m.<br>BodyPump<br>Illysa H. - FS                             |  |   |  |
| 6:30-7:30 p.m.<br>Vinyasa Yoga<br>Cynthia C. - FS                              | 6:30-7:30 p.m.<br>Hip Hop Fitness ∞<br>Kim L. - FS                                | 6:30-7:30 p.m.<br>Vinyasa Yoga<br>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
- (!) High Intensity      ∞ Family Friendly/ Kid Class

## APRIL EVENTS

- 4/1 & 4/15 Wed 12:30-1:30pm **Bridge Club**
- 4/2 Thur 9:15-10am **Chair Yoga** with Jasmine @ Enka-Candler Library
- 4/7 Tue 8-9:20am **Injury Screenings** with Movement for Life Physical Therapists
- 4/7 Tue 11:15am-12:30pm **Craft Club**
- 4/9 & 4/23 Thur 6-7pm **Dementia Partners Support Group** Caregivers welcome.
- 4/11 & 4/18 Sat 10:30-11:45am **Rowing Clinic** with Steve. Register front desk or online.
- 4/13 Mon **Galactic Pizza Dine Out and Donate** back to the Y. It's pizza with a purpose!
- Until 4/16 **Lucky Streak Challenge!** Visit any local Y 10 days in a row and WIN!
- 4/18 Sat **Les Mills Launch Party** - ALL NEW ROUNDS! See flyer or APP for class line-up.
- 4/20-24 **Week of Giving!** Be on the lookout for fun, easy ways to give back & make a difference in your community throughout the week.
- 4/25 Sat 10-11am International Tai Chi Day

### FREE INTRO CLASSES for APRIL: Find Your FIT

- 4/3 Fri 11:15am Intro to Pilates
- 4/11 Sat 10:15am Intro to Yoga
- 4/17 Fri 11:15am Intro to Zumba
- 4/18 Sat 9:15am Intro to Cycle
- 4/19 Sun 11:15am Intro to Les Mills Pilates
- \*\*Register for all Intro Classes on the App!

### FOR THE KIDS:

- **NEW! FergFit Kids & FergFit Kids Jr.**, added to the group exercise schedule. See back for descriptions.
- 4/4 Sat 11am-12pm **Bouncing Books** with Enka-Candler Library in MPR
- 4/7 Tuesdays **Youth Ballet** begins for 8-wk Spring Session for ages 3-7! Register front desk or online.
- 4/10 & 4/24 Fri 5-8:45pm **Parents Night Out** Don't forget your FREE Quarterly PNO!
- 4/12 Sun 11:10-11:55am **Family-Friendly Cardio Dance** ages 7+

VIRTUAL GROUP EXERCISE  
Workout ANYWHERE ANYTIME



[ymcawnc.org/virtual-y](https://ymcawnc.org/virtual-y)