

# GROUP EXERCISE CLASS DESCRIPTIONS

## CARDIO / STRENGTH

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

**Barre** Taking the hottest trend in dance-inspired conditioning, ballet barre training, and using "make-sense progressions" to create a format suitable for every level of exerciser. BARRE is a full-body workout like no other. No dance experience or pink tights 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 and Kung Fu. Punch and kick your way to fitness.

**BODYPUMP™** THE ORIGINAL BARBELL CLASS, and the ideal workout for anyone looking to develop lean muscle and get fit fast! Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout.

**Core Conditioning** A muscle toning class that focuses on your core through trunk stability and strength training exercises.

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

**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 everyday activities!

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

**TRX®** Total Body Resistance Exercise training uses your bodyweight and TRX straps to challenge your entire body with exercises designed to develop strength, balance, flexibility & core stability simultaneously.

## MIND / BODY

**BODYBALANCE™** a new generation yoga class for anyone and everyone to help improve your mind, body and life. You can expect to bend and stretch through a series of simple yoga moves with elements of Tai Chi and Pilates incorporated. Breathing control is a part of all exercises.

**Gentle Yoga** A gentle class for anyone looking for a relaxing practice incorporating stretching, breathing and balance.

**Meditation** focuses on the numerous benefits of Meditating for overall wellbeing in mind, body and spirit, which can ultimately enhance our happiness and equanimity. Various modalities will be explored in this class including silent meditation, point-of-focus meditation, and guided meditation techniques.

**Pilates** evolved from the principles of Joseph Pilates, this conditioning program incorporates strengthening, toning and stretching exercises for a full body workout. Proper breathing, core training, and flexibility are key portions of this class.

**Slow Flow Yoga** a slower pace class where you will learn to combine breathing, flowing postures and meditation in this gentle, but deep approach to Vinyasa yoga.

**Tai Chi for Arthritis** In this class, you will have a chance to improve balance, mobility, pain, and mental health. While focused on arthritis 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 and flexibility. A number of postures will be practiced, with a focus on moving gracefully from one pose to the next. Intensity level set by instructor and all poses modifiable.

## DANCE

**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!

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

## PAID PROGRAMS

**Ferguson Fit** 18-week 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! In-person and via ZOOM. Register at front desk. \$180 members / \$245 non-members.

**Rock Steady Boxing** 12-week Parkinson's wellness recovery program 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. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to challenge the participant. Register at front desk. \$125 members / \$150 non-members.

**Youth Ballet (resumes in September)** Our youth ballet programming focuses on the basic principles of dance, movement, coordination, balance, rhythm, and choreography. Sessions run quarterly. Next one starts March!  
\$125 for members / \$185 non-members.

- Creative Movement [ages 3-4]
- Youth Ballet [ages 5-7]



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

## SEPTEMBER 2024

### FERGUSON FAMILY YMCA

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

## RESERVE YOUR SPOT

Required reservations for classes open 26 hours in advance.

Scan this code to download the mobile app and 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

# SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 a.m. <b>Athletic Cond!</b> Linda R. - FS	6:00-7:00 a.m. <b>Cycle</b> Steve B. - CS	6:00-6:45 a.m. <b>Athletic Cond!</b> Steve B. - FS	6:00-7:00 a.m. <b>Cycle</b> Steve B. - CS	6:00-6:45 a.m. <b>Athletic Cond!</b> Chris M. - FS		
	6:00-7:00 a.m. <b>BodyPump</b> Elizabeth B. - FS		6:00-7:00 a.m. <b>BodyPump</b> Elizabeth B. - FS	8:15-9:00 a.m. <b>BodyCombat!</b> Dawn S. - FS	8:15-9:15 a.m. <b>Cycle</b> Christina W. - CS	
8:15-9:00 a.m. <b>BodyPump</b> Corey J. - FS	8:15-9:00 a.m. <b>Barre</b> ∞ Linda R. - FS	8:15-9:00 a.m. <b>BodyPump</b> Corey J. - FS	8:15-9:00 a.m. <b>Core Conditioning</b> Amy T. - FS			
9:00-10:00 a.m. <b>Cycle</b> Gillian P. - CS	9:00-9:50 a.m. <b>Cycle</b> Steve B. - CS	9:00-10:00 a.m. <b>Cycle</b> Mike S. - CS	9:00-9:50 a.m. <b>Cycle</b> Steve B. - CS	9:00-10:00 a.m. <b>Cycle</b> Mike S. - CS	9:00-9:45 a.m. <b>BodyPump</b> Staff Rotation - FS	
9:15-10:05 a.m. <b>Gentle Yoga</b> Sascha F. - FS	9:15-10:00 a.m. <b>BodyBalance</b> Dawn S. - FS	9:15-10:05 a.m. <b>Gentle Yoga</b> Sascha F. - FS	9:15-10:00 a.m. <b>BodyBalance</b> Dawn S. - FS	9:15-10:05 a.m. <b>Gentle Yoga</b> Sascha F. - FS		
10:15-11:05 a.m. <b>Zumba</b> ∞ Miguel F. - FS	10:15-11:05 a.m. <b>Gentle Yoga</b> Cynthia C. - FS	9:15-10:00 a.m. <b>BodyCombat!</b> Dawn S. - MPR	10:15-11:05 a.m. <b>Slow Flow Yoga</b> Tom H. - FS	10:15-11:05 a.m. <b>Zumba</b> ∞ Natalie G. - FS	10:00-10:50 a.m. <b>Hip Hop Fitness</b> ∞ Deana C. - FS	10:15-11:15 a.m. <b>Slow Flow Yoga</b> Tom H. - FS
10:15-11:00 a.m. <b>TRX</b> Corey J. - CFR	10:15 - 11:00 a.m. <b>TRX</b> Steve B. - CFR	10:15-11:00 a.m. <b>TRX</b> Corey J. - CFR	10:15 - 11:00 a.m. <b>TRX</b> Steve B. - CFR	10:15-11:00 a.m. <b>TRX</b> Chris M. - CFR		
11:00-11:50 a.m. <b>Low Impact Fitness</b> Lynne F. - MPR		10:30-11:30 a.m. <b>Tai Chi for Arthritis</b> Merideth F. - MPR	11:00-11:50 a.m. <b>Low Impact Fitness</b> Lynne F. - MPR	10:30-11:30 a.m. <b>Tai Chi for Arthritis</b> Merideth F. - MPR		
	11:15 a.m.-12:45 p.m. <b>Rock Steady Boxing</b> Erica B. - FS <b>*PAID PROGRAM*</b>		11:15 a.m.-12:45 p.m. <b>Rock Steady Boxing</b> Erica B. - FS <b>*PAID PROGRAM*</b>		11:15 a.m.-12:45 p.m. <b>Rock Steady Boxing</b> Erica B. - FS <b>*PAID PROGRAM*</b>	
1:00-2:00 p.m. <b>Ferguson Fit</b> Lynne F. - FS <b>*PAID PROGRAM*</b>		1:00-2:00 p.m. <b>Ferguson Fit</b> Lynne F. - FS <b>*PAID PROGRAM*</b>		1:00-2:00 p.m. <b>Ferguson Fit</b> Lynne F. - FS <b>*PAID PROGRAM*</b>		
4:30-5:15 p.m. <b>Pilates</b> Carrie J. - FS	4:30-5:15 p.m. <b>Athletic Cond!</b> Amy A. - FS	4:30-5:15 p.m. <b>BodyBalance</b> Julie N. - FS	4:30-5:15 p.m. <b>Athletic Cond!</b> Amy A. - FS			
				<div style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <p><b>VIRTUAL GROUP EX</b></p> <p>Work out ANYWHERE ANYTIME!</p>  </div>		
	5:30-6:30 p.m. <b>Cycle</b> Amy T. - CS		5:30-6:30 p.m. <b>Cycle</b> Amy T. - CS			
5:30-6:15 p.m. <b>Strength Fusion</b> Steve B. - FS	5:30-6:15 p.m. <b>BodyPump</b> Karen J. - FS	5:30-6:15 p.m. <b>Strength Fusion</b> Steve B. - FS	5:30-6:15 p.m. <b>BodyPump</b> Illyssa H. - FS			
6:30-7:30 p.m. <b>Vinyasa Yoga</b> Cynthia C. - FS	6:30-7:30 p.m. <b>Hip Hop Fitness</b> ∞ Kim L. - FS	6:30-7:30 p.m. <b>Vinyasa Yoga</b> Cynthia C. - FS	6:30-7:30 p.m. <b>Zumba</b> ∞ Lena S. - 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

## SEPTEMBER EVENTS

9/2-9/13 **FITGO CHALLENGE**: It's Like BINGO for Your Health! Complete activities and win! Register at front desk and get your FITGO card today.

9/13-22 **Welcoming Week**: Celebrate with us the growing movement of communities that fully embrace newcomer immigrants and their contributions to the social fabric of our country.

9/20 **Intro to TRX**: Friday @ 11:30 a.m. with Chris M. FREE! Register on the app.

9/20 **Expert Talk: How to Manage Arthritis** Friday @ 12 p.m. with Dr. Jim Gregory FREE!

**Youth Ballet** Open for Registration! Begins Sept. 7th. Ages 3-7. Classes held on Tues. & Sat.

**Kids Club** Every Monday-Friday 8:00-11:45 a.m. & Monday-Thursday 4:30-7:30 p.m.

**Parents Night Out!** 2nd/4th Friday 5:00-8:45 p.m. at Ferguson Family YMCA

**Kids Story Hour** last Monday of every month 10:00-11:00 a.m. in YDC with Enka Candler Library FREE!

**Movement For Life Injury Screens** 1st Tues. of the month 8:00-9:30 a.m. FREE!