

GROUP EXERCISE CLASS DESCRIPTIONS

CARDIO

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

RPM RPM™ is a group indoor cycling workout that is fun and low impact, where you control the intensity. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

Step Whether you are new to step or an experienced stepper, this class is appropriate for all levels of step participation with fun and interesting choreography sure to challenge the mind and body.

STRENGTH

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

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

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

KIDS - Ages 4-8. Staff will take kids to and from YDC.

Kid's Yoga In this class, your child can tame their "inner animal" by practicing traditional Yoga poses, relaxation, meditation and breathing techniques. This class will also help kids learn to move with focused energy in a fun and nurturing environment.

Kid Fit Get your kids moving and active while having fun, incorporating basic aerobic exercises and physical activities to get their hearts pumping and interests engaged.

COMBINATION

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 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.

HIIT 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.

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

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 activities of daily living.

BODYCOMBAT BODYCOMBAT™ high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ.

MIND / BODY

Gentle Yoga A gentle yoga class for anyone looking for a relaxing 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 is set by the instructor, and all poses are modified for all levels.

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.

Pilates - A mind body exercise evolved from the principles of Joseph Pilates. This conditioning program incorporates strengthening, toning and stretching exercises for a full body workout. Proper breathing techniques, core training, and flexibility are key portions of these classes.

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.

DANCE

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

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!

PAID SPECIALTY 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.



GROUP EXERCISE SCHEDULE DECEMBER 2023

FERGUSON FAMILY YMCA

RESERVE YOUR SPOT

Classes require registration,
scan QR code to access
our app and register.



Class reservations open 26
hours before the class begins.

***Reservation is forfeited if not present
at scheduled start of class***

CENTER HOURS

Mon.-Thur.	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.-Thur.	8:00-12:00p.m. 4:30-7:30p.m.
Fri.-Sat.	8:00-12:00p.m.



FERGUSON FAMILY YMCA GROUP EXERCISE SCHEDULE

DECEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 a.m. Athletic Conditioning Linda R. - Studio	6:00-7:00 a.m. Cycle Steve B. - CS	6:00-6:45 a.m. Athletic Conditioning Steve B. - Studio	6:00-7:00 a.m. Cycle Steve B. - CS	6:00-6:45 a.m. Athletic Conditioning Steve B. - Studio		
	6:00-7:00 a.m. BodyPump Elizabeth B. - Studio		6:00-7:00 a.m. BodyPump Elizabeth B. - Studio	8:15-9:00 a.m. BodyCombat Dawn S. - Studio	8:30-9:30 a.m. Cycle Christina W. - CS	
8:15-9:00 a.m. BodyPump Corey J. - Studio	8:15-9:00 a.m. Barre Linda R. - Studio	8:15-9:00 a.m. BodyPump Corey J. - Studio	8:15-9:00 a.m. Core Conditioning Amy T. - Studio	9:00-10:00 a.m. Cycle Mike S. - CS	9:00-9:45 a.m. BodyPump Deana C. - Studio	
9:15-10:05 a.m. Gentle Yoga Sascha F. - Studio	9:00-9:50 a.m. Cycle Steve B. - CS	9:15-10:05 a.m. Gentle Yoga Sascha F. - Studio	9:00-9:50 am Cycle Steve B. - CS	9:15-10:05 a.m. Gentle Yoga Sascha F. - Studio	10:00-10:50 a.m. Hip Hop Fitness Deana C. - Studio	
10:15-11:05 a.m. Zumba Jocelyn M. - Studio	10:15-11:05 a.m. Gentle Yoga Cynthia C. - Studio	9:15-10:00 a.m. BodyCombat Dawn S. - MPR	10:15-11:05 a.m. Slow Flow Yoga Tom H. - Studio	10:15-11:05 a.m. Zumba Natalie G. - Studio		
10:15-11:00 a.m. TRX Corey J. - CrossFit Rm	10:15 - 11:00 a.m. TRX Steve B. - CrossFit Rm	10:15-11:00 a.m. TRX Corey J. - CrossFit Rm	10:15 - 11:00 a.m. TRX Steve B. - CrossFit Rm	10:15-11:00 a.m. TRX Steve B. - CrossFit Rm		10:15-11:15 a.m. Slow Flow Yoga Tom H. - Studio
11:00-11:50 a.m. Low Impact Fitness Lynne F. - MPR		10:30-11:30 a.m. Tai Chi for Arthritis Merideth F. - MPR	11:00-11:50 a.m. Low Impact Fitness Lynne F. - MPR	10:30-11:30 a.m. Tai Chi for Arthritis Merideth F. - MPR		
	11:15 a.m.-12:45 p.m. Rock Steady Boxing Erica B. - Studio *PAID PROGRAM		11:15 a.m.-12:45 p.m. Rock Steady Boxing Erica B. - Studio *PAID PROGRAM		11:15 a.m.-12:45 p.m. Rock Steady Boxing Erica B. - Studio *PAID PROGRAM	
1:00-2:00 p.m. Ferguson Fit Lynne F. - Studio		1:00-2:00 p.m. Ferguson Fit Lynne F. - Studio *PAID PROGRAM		1:00-2:00 p.m. Ferguson Fit Lynne F. - Studio *PAID PROGRAM		
4:30-5:15 p.m. Pilates Carrie J. - Studio						
5:30-6:15 p.m. Strength Fusion Steve B. - Studio	5:30-6:30 p.m. Cycle Amy T. - CS	5:30-6:15 p.m. Strength Fusion Steve B. - Studio	5:30-6:30 p.m. Cycle Amy T. - CS			
	5:30-6:15 p.m. BodyPump Roxane P. - Studio		5:30-6:15 p.m. BodyPump Illyssa H. - Studio			
6:30-7:30 p.m. Vinyasa Yoga Cynthia C. - Studio	6:30-7:30 p.m. Hip Hop Fitness Kim L. - Studio	6:30-7:30 p.m. Vinyasa Yoga Cynthia C. - Studio	6:30-7:30 p.m. Zumba Rico S. - Studio			

SCHEDULE KEY

Classes in **YELLOW** are new
PURPLE is a time or instructor change
BLUE are water classes

O-Outdoors, P - Pool,
G - Gym, FS - Fitness Studio,
CS - Cycle Studio,
∞ - Family friendly

VIRTUAL GROUP EX

Find live virtual classes and an online
video library that members have access
to at your convenience at
ymcawnc.org/virtual-y

DEC. EVENTS & PROGRAMS

12/9 **Youth Ballet Winter Quarter** starts! See
front desk to register today.

12/12 **Coffee & Conversation:** Eating Healthy for
the Holidays 11:00 a.m.-12:00 p.m. FREE!

12/20 AARP: **Holiday Craft DIY Discussion**
10:30 a.m.-11:30 a.m. FREE!

Kids Club Every Mon-Fri 8:00-11:45 a.m.

Parents Night Out Every 2nd/4th Fri. 5:00-8:45 p.m.