## **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 "makesense 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 TM** 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. **BODYPUMPÍM** THE ORIGINAL BARBELL CLASS, and the ideal

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

**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 TM 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.

#### KIDS

Kid Fit (ages 4+) Get your kids moving and active while having fun, incorporating basic aerobic exercises, games, and physical activities to get their hearts pumping and interests engaged.

Kids Yoga (ages 6+) 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.

### **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 nonmembers.

#### **Youth Ballet**

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 MoAvement (ages 3-4)
- Youth Ballet (ages 5-7)



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

# **GROUP EXERCISE SCHEDULE**

**APRIL 2024** 

**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 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.

4:30 p.m. - 7:30 p.m.

Fri-Sat 8:00 a.m. - 12:00 p.m.

# FERGUSON GROUP EXERCISE SCHEDULE

# **APRIL 2024**

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|--|---|--|---|--|---|---|--|
| MONDAY   | <b>TUESDAY</b>  | WEDNESDAY  | <b>THURSDAY</b>   | FRIDAY   | <b>SATURDAY</b>   | <b>SUNDAY</b>   |  |
| 6:00-6:45 a.m.<br><b>Athletic Cond !</b><br><b>Linda R.</b> - FS | 6:00-7:00 a.m.<br><b>Cycle</b><br>Steve B CS                                  | 6:00-6:45 a.m.<br><b>Athletic Cond!</b><br><b>Steve B.</b> - FS      | 6:00-7:00 a.m.<br><b>Cycle</b><br><b>Steve B.</b> - CS                  | 6:00-6:45 a.m.<br>Athletic Cond!<br>Steve B FS                 |   |   |  |
|  | 6:00-7:00 a.m.<br><b>BodyPump</b><br>Elizabeth B FS                           |  | 6:00-7:00 a.m.<br>BodyPump<br>Elizabeth B FS                            | 8:15-9:00 a.m.<br><b>BodyCombat!</b><br><b>Dawn S.</b> - FS    | 8:30-9:30 a.m.<br><b>Cycle</b><br><b>Christina W.</b> - CS                    |   |  |
| 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>Core Conditioning<br>Amy T FS                         | 9:00-10:00 a.m.<br><b>Cycle</b><br><b>Mike S.</b> - CS         | 9:00-9:45 a.m.<br>BodyPump<br>Deana C FS                                      |   |  |
| 9:15-10:05 a.m.<br><b>Gentle Yoga</b><br>Sascha F FS             | 9:00-9:50 a.m.<br>Cycle<br>Steve B CS   | 9:15-10:05 a.m.<br><b>Gentle Yoga</b><br><b>Sascha F.</b> - FS       | 9:00-9:50 am<br><b>Cycle</b><br><b>Steve B.</b> - CS                    | 9:15-10:05 a.m.<br>Gentle Yoga<br>Sascha F FS                  | 9:00-9:45 a.m.<br>Creative Movement<br>Maddie D MPR<br>*PAID PROGRAM* (a.3-4) |   |  |
| 10:15-11:05 a.m.<br><b>Zumba ∞</b><br><b>Miguel F.</b> - FS      | 10:15-11:05 a.m.<br>Gentle Yoga<br>Cynthia C FS                               | 9:15-10:00 a.m.<br>BodyCombat !<br>Dawn S MPR                        | 10:15-11:05 a.m.<br>Slow Flow Yoga<br>Tom H FS                          | 10:15-11:05 a.m.<br><b>Zumba</b> ∞<br><b>Natalie G.</b> - FS   | 10:00-10:45 a.m.<br>Youth Ballet<br>Maddie D MPR<br>*PAID PROGRAM* (a.5-7)    |   |  |
| 10:15-11:00 a.m.<br><b>TRX</b><br><b>Corey J.</b> - CFR          | 10:15 - 11:00 a.m.<br>TRX<br>Steve B CFR                                      | 10:15-11:00 a.m.<br>TRX<br>Corey J CFR                               | 10:15 - 11:00 a.m.<br>TRX<br>Steve B CFR                                | 10:15-11:00 a.m.<br>TRX<br>Steve B CFR                         | 10:00-10:50 a.m.<br>Hip Hop Fitness ∞<br>Deana C FS                           | 10:15-11:15 a.m.<br>Slow Flow Yoga<br>Tom H FS              |  |
| 11:00-11:50 a.m.<br>Low Impact Fitness<br>Lynne F MPR            |   | 10:30-11:30 a.m.<br>Tai Chi for Arthritis<br>Merideth F MPR          | 11:00-11:50 a.m.<br>Low Impact Fitness<br>Lynne F MPR                   | 10:30-11:30 a.m.<br>Tai Chi for Arthritis<br>Merideth F MPR    |   | 11:15-12:00 p.m.<br><b>Meditation</b><br><b>Tom H.</b> - FS |  |
|  | 11:15a.m12:45p.m.<br>Rock Steady Boxing<br>Erica B FS<br>*PAID PROGRAM*       |  | 11:15a.m12:45p.m.<br>Rock Steady Boxing<br>Erica B FS<br>*PAID PROGRAM* |  | 11:15 a.m12:45 p.m.<br>Rock Steady Boxing<br>Erica B F5<br>*PAID PROGRAM*     |   |  |
| 1:00-2:00 p.m.<br>Ferguson Fit<br>Lynne F FS<br>*PAID PROGRAM*   |   | 1:00-2:00 p.m.<br>Ferguson Fit<br>Lynne F FS<br>*PAID PROGRAM*       |   | 1:00-2:00 p.m.<br>Ferguson Fit<br>Lynne F FS<br>*PAID PROGRAM* |   |   |  |
|  | 4:15-5:00 p.m.<br>Creative Movement<br>Maddie D MPR<br>*PAID PROGRAM* (a.3-4) |  |   |  |   |   |  |
| 4:30-5:15 p.m.<br>Pilates<br>Carrie J FS                         | 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                            |  | VIRTUAL GROUP EX Workout ANYWHERE ANYTIME! ymcawnc.org/virtual-y              |   |  |
|  | 5:00-5:45 p.m.<br>Youth Ballet<br>Maddie D MPR<br>*PAID PROGRAM* (a.4-7)      | 4:45-5:15 p.m.<br>KidFit (a.4+)<br>Brittany C CS                     |   |  |   |   |  |
|  | 5:30-6:30 p.m.<br><b>Cycle</b><br><b>Amy T.</b> - CS                          | 5:30-6:00 p.m.<br><b>Kids Yoga (a.6+)</b><br><b>Brittany C.</b> - CS | 5:30-6:30 p.m.<br><b>Cycle</b><br><b>Amy T.</b> - CS                    |  | yiiicawiic.0i   | <u>y/vii tudi-y</u>   |  |
| 5:30-6:15 p.m.<br>Strength Fusion<br>Steve B FS                  | 5:30-6:15 p.m.<br>BodyPump<br>Karen J FS                                      | 5:30-6:15 p.m.<br>Strength Fusion<br>Steve B FS                      | 5:30-6:15 p.m.<br>BodyPump<br>Illyssa H FS                              |  |   | <i></i>   |  |
| 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                       | 6:30-7:30 p.m.<br><b>Zumba</b> ∞<br><b>Rico S.</b> - FS                 |  |   |   |  |

## **SCHEDULE KEY**

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

FS Fitness Studio

MPR Multi-purpose Room

CFR CrossFit Room

! High Intensity ∞ Family Friendly / Kid Class

## **APRIL EVENTS**

4/6 Intro to Rowing: Learn the basics of rowing w/Steve B. 10:15-11:45 a.m. Register on app. FREE! 4/10 Expert Talk: It's All About Balance. Wonder how it all works? Come find out! 12-1 p.m. FREE! 4/10 Coffee & Conversation: Hearing Loss with Aging & the Implications w/ Dr. Casey Pencek, Audiologist 10:30-11:30 a.m. FREE!

4/11 **ZUMBATHON! FUNDRAISER EVENT:** Come dance & party with us for a great cause! \$20 recommended donation per ticket. All funds go to support our Annual Campaign! Thurs 6:30-7:45 p.m.

4/13 i-Phone Photography 101: Master the art of i-Phone Photos w/ Wendy Newman 1-3 p.m. FREE! 4/17 Mindful Meditation: Goal Setting w/ Cynthia

4/17 **Mindful Meditation:** Goal Setting w/ Cynthia Camp. 1-3 p.m. FREE!

4/20 **Healthy Kids Day** in Mills River! Join us for music, games, events & more! FREE!

4/27 **LES MILLS LAUNCH:** ALL NEW rounds of BodyCombat, BodyPump, BodyBalance Demo & RPM Saturday 8:30 a.m.-12:00 pm. FREE!

**Kids Club** Mon-Fri 8:00-11:45 a.m. & NEW! Mon-Thur 4:30-7:30 p.m.

Parents Night Out Every 2<sup>nd</sup>/4<sup>th</sup> Fri. 5:00-8:45 p.m. Movement For Life Injury Screens 1st Tuesday every month 8-9:30 a.m. FREE!