

# 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 & Balance** 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.

**Family Yoga** the perfect class where you and your child (ren) can practice traditional Yoga poses, relaxation, meditation and breathing techniques together! Help focus their energy by connecting mind to body in a fun and nurturing environment.

**Baby Story Time** A lively language enrichment story time serving the birth to 18 month-old set. Features movement, music and reading with our friends from Enka-Candler Library. Parent participation required.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

## OCTOBER 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.<br>3:30 p.m. - 7:30 p.m. |
| Fri-Sat   | 8:00 a.m. - 12:00 p.m.                          |

# FERGUSON GROUP EXERCISE SCHEDULE

# OCTOBER 2024

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   | SUNDAY   |
|---|--|---|--|---|--|--|
| 6:00-6:45 a.m.<br><b>Athletic Cond!</b><br>Linda R. - 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>Steve 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>Chris M. - FS                          |  |  |
|   | 6:00-7:00 a.m.<br><b>BodyPump</b><br>Elizabeth B. - FS                                       |   | 6:00-7:00 a.m.<br><b>BodyPump</b><br>Elizabeth B. - FS                                       |   |  |  |
| 8:15-9:00 a.m.<br><b>BodyPump</b><br>Corey J. - FS                              | 8:15-9:00 a.m.<br><b>Barre</b> ∞<br>Linda R. - FS  | 8:15-9:00 a.m.<br><b>BodyPump</b><br>Corey J. - FS                                | 8:15-9:00 a.m.<br><b>Barre</b> ∞<br>Alexa W. - FS <b>NEW!!</b>                               | 8:15-9:00 a.m.<br><b>BodyCombat!</b><br>Dawn S. - FS                              | 8:15-9:15 a.m.<br><b>Cycle</b><br>Christina W. - CS  |  |
| 9:00-10:00 a.m.<br><b>Cycle</b><br>Gillian P. - CS                              | 9:00-9:50 a.m.<br><b>Cycle</b><br>Steve B. - CS  | 9:00-10:00 a.m.<br><b>Cycle</b><br>Mike S. - CS                                   | 9:00-9:50 a.m.<br><b>Cycle</b><br>Steve B. - CS  | 9:00-10:00 a.m.<br><b>Cycle</b><br>Mike S. - CS                                   |  |  |
| 9:15-10:05 a.m.<br><b>Gentle Yoga</b><br>Sascha F. - FS                         | 9:15-10:00 a.m.<br><b>BodyBalance</b><br>Dawn S. - FS  | 9:15-10:05 a.m.<br><b>Gentle Yoga</b><br>Sascha F. - FS                           | 9:15-10:00 a.m.<br><b>BodyBalance</b><br>Dawn S. - FS  | 9:15-10:05 a.m.<br><b>Gentle Yoga</b><br>Sascha F. - FS                           | 9:15-10:00 a.m.<br><b>BodyPump</b><br>Staff Rotation - FS  |  |
| 10:15-11:05 a.m.<br><b>Zumba</b> ∞<br>Jocelyn M. - FS                           | 10:15-11:05 a.m.<br><b>Gentle Yoga</b><br>Cynthia C. - FS                                    | 9:15-10:00 a.m.<br><b>BodyCombat!</b><br>Dawn S. - MPR                            | 10:15-11:05 a.m.<br><b>Slow Flow Yoga</b><br>Tom H. - FS                                     | 10:15-11:05 a.m.<br><b>Zumba</b> ∞<br>Lena S. - FS                                | 10:15-11:05 a.m.<br><b>Hip Hop Fitness</b> ∞<br>Deana C. - FS  | 10:15-11:15 a.m.<br><b>Slow Flow Yoga</b><br>Tom H. - FS |
| 10:15-11:00 a.m.<br><b>TRX</b><br>Corey J. - CFR                                | 10:15-11:00 a.m.<br><b>TRX</b><br>Steve B. - CFR   | 10:15-11:00 a.m.<br><b>TRX</b><br>Corey J. - CFR                                  | 10:15-11:00 a.m.<br><b>TRX</b><br>Steve B. - CFR   | 10:15-11:00 a.m.<br><b>TRX</b><br>Chris M. - CFR                                  |  |  |
| 11:00-11:50 a.m.<br><b>Low Impact Fitness</b><br>Lynne F. - MPR                 |  | 10:15-11:05 a.m.<br><b>Zumba</b> ∞<br>Miguel F. - FS <b>NEW!!</b>                 | 11:00-11:50 a.m.<br><b>Low Impact Fitness</b><br>Lynne F. - MPR                              | 10:30-11:30 a.m.<br><b>Tai Chi - Arthritis &amp; Balance</b><br>Merideth F. - MPR | 10:30-11:30 a.m.<br><b>Baby Story Time</b> ∞<br>(0-18 months) w/ <b>Starts Oct. 19!</b><br>Enka-Candler Library. - MPR |  |
|   | 11:15 a.m.-12:45 p.m.<br><b>Rock Steady Boxing</b><br>Erica B. - FS<br><b>*PAID PROGRAM*</b> | 10:30-11:30 a.m.<br><b>Tai Chi - Arthritis &amp; Balance</b><br>Merideth F. - MPR | 11:15 a.m.-12:45 p.m.<br><b>Rock Steady Boxing</b><br>Erica B. - FS<br><b>*PAID PROGRAM*</b> |   | 11:15 a.m.-12:45 p.m.<br><b>Rock Steady Boxing</b><br>Erica B. - FS<br><b>*PAID PROGRAM*</b>                           |  |
| 1:00-2:00 p.m.<br><b>Ferguson Fit</b><br>Lynne F. - FS<br><b>*PAID PROGRAM*</b> |  |   |  | 1:00-2:00 p.m.<br><b>Ferguson Fit</b><br>Lynne F. - FS<br><b>*PAID PROGRAM*</b>   |  |  |
| 4:30-5:15 p.m.<br><b>Pilates</b><br>Carrie J. - FS                              | 4:30-5:15 p.m.<br><b>Athletic Cond!</b><br>Amy A. - FS                                       | 4:30-5:15 p.m.<br><b>BodyBalance</b><br>Julie N. - FS                             | 4:30-5:15 p.m.<br><b>Athletic Cond!</b><br>Amy A. - FS                                       |   |  |  |
|   |  | 5:15-6:00 p.m.<br><b>Family Yoga</b> ∞<br>Alexa W. - MPR <b>NEW!!</b>             |  |   |  |  |
|   | 5:30-6:30 p.m.<br><b>Cycle</b><br>Amy T. - CS  |   | 5:30-6:30 p.m.<br><b>Cycle</b><br>Amy T. - CS  |   |  |  |
| 5:30-6:15 p.m.<br><b>Strength Fusion</b><br>Steve B. - FS                       | 5:30-6:15 p.m.<br><b>BodyPump</b><br>Karen J. - FS   | 5:30-6:15 p.m.<br><b>Strength Fusion</b><br>Steve B. - FS                         | 5:30-6:15 p.m.<br><b>BodyPump</b><br>Illyssa H. - FS   |   |  |  |
| 6:30-7:30 p.m.<br><b>Vinyasa Yoga</b><br>Cynthia C. - FS                        | 6:30-7:30 p.m.<br><b>Hip Hop Fitness</b> ∞<br>Kim L. - FS                                    | 6:30-7:30 p.m.<br><b>Vinyasa Yoga</b><br>Cynthia C. - 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

## OCTOBER EVENTS

**Sat., October 12<sup>th</sup> ALL NEW Rounds of Les Mills**  
BodyPump, BodyCombat, BodyBalance & RPM! Wear your favorite Halloween Costume!

**FREE! Intro Classes:**  
Intro to Yoga Wed. Oct. 9<sup>th</sup> 11:30 a.m.-12:30 p.m.  
Intro to Cycle Mon. Oct. 21<sup>st</sup> 11:30 a.m.-12:30 p.m.

**FREE! Expert Talks with Movement for Life:**  
Injury Screens ‡ Tues. of the month 8-9:30 a.m.  
Hip Pain: Wed., Oct. 2<sup>nd</sup> 12-1 p.m.  
Running Related Injuries: Fri., Nov. 15<sup>th</sup> 12-1 p.m.

**For the Kids:**  
**Baby Story Time** (ages 0-18 months) with Enka-Candler Library at Ferguson Family YMCA. **October 19, 26 & November 2** in MPR 10:30-11:30 a.m.  
**NEW! Family Yoga Wednesdays 5:15-6:00 p.m.** in MPR. Register on App. FREE!

**Kids Club** Every Mon-Fri 8:00-11:45 a.m.  
AND Mon.-Thurs. 4:30-7:30 p.m.

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

## VIRTUAL GROUP EX

Workout ANYWHERE ANYTIME!

