

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.

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.

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.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

DECEMBER 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

DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 a.m. Athletic Cond! Linda R. - FS	6:00-7:00 a.m. Cycle Steve B. - CS	6:00-6:45 a.m. Athletic Cond! Steve B. - FS	6:00-7:00 a.m. Cycle Steve B. - CS	6:00-6:45 a.m. Athletic Cond! Amy T. - FS		
	6:00-7:00 a.m. BodyPump Elizabeth B. - FS		6:00-7:00 a.m. BodyPump Elizabeth B. - FS			
8:15-9:00 a.m. BodyPump Corey J. - FS	8:15-9:00 a.m. Barre ∞ Linda R. - FS	8:15-9:00 a.m. BodyPump Corey J. - FS	8:15-9:00 a.m. Barre ∞ Alexa W. - FS	8:15-9:00 a.m. BodyCombat! Dawn S. - FS	8:15-9:15 a.m. Cycle Christina W. - CS	
9:15-10:00 a.m. Cycle Gillian P. - CS	9:00-10:00 a.m. Cycle Steve B. - CS		9:00-10:00 a.m. Cycle Steve B. - CS	9:00-10:00 a.m. Cycle Mike S. - CS		
9:15-10:05 a.m. Gentle Yoga Sascha F. - FS	9:15-10:00 a.m. BodyBalance Dawn S. - FS	9:15-10:05 a.m. Gentle Yoga Sascha F. - FS	9:15-10:00 a.m. BodyBalance Dawn S. - FS	9:15-10:05 a.m. Gentle Yoga Sascha F. - FS	9:15-10:00 a.m. BodyPump Staff Rotation - FS	
10:15-11:05 a.m. Zumba ∞ Jocelyn M. - FS	10:15-11:05 a.m. Gentle Yoga Cynthia C. - FS	9:15-10:00 a.m. BodyCombat! Dawn S. - MPR	10:15-11:05 a.m. Slow Flow Yoga Tom H. - FS	10:15-11:05 a.m. Zumba ∞ Lena S. - FS	10:15-11:05 a.m. Hip Hop Fitness ∞ Deana C. - FS	10:15-11:15 a.m. Slow Flow Yoga Tom H. - FS
10:15-11:00 a.m. TRX Corey J. - CFR	10:15 - 11:00 a.m. TRX Steve B. - CFR	10:15-11:00 a.m. TRX Corey J. - CFR	10:15 - 11:00 a.m. TRX Steve B. - CFR	10:15-11:00 a.m. TRX Gillian P. - CFR		11:30 a.m.-12:00 p.m. Meditation Tom H. - FS
11:00-11:50 a.m. Low Impact Fitness Lynne F. - MPR		10:15-11:05 a.m. Zumba ∞ Miguel F. - FS	11:00-11:50 a.m. Low Impact Fitness Lynne F. - MPR	10:30-11:30 a.m. Tai Chi - Arthritis & Balance Merideth F. - MPR		
11:15a.m.-12:45p.m. Serenity for Season Gillian P. - FS *PAID PROGRAM*	11:15a.m.-12:45p.m. Rock Steady Boxing Erica B. - FS *PAID PROGRAM*	10:30-11:30 a.m. Tai Chi - Arthritis & Balance Merideth F. - MPR	11:15a.m.-12:45p.m. Rock Steady Boxing Erica B. - FS *PAID PROGRAM*		11:15 a.m.-12:45 p.m. Rock Steady Boxing Erica B. - FS *PAID PROGRAM*	
1:00-2:00 p.m. Ferguson Fit Lynne F. - FS *PAID PROGRAM*		1:00-2:00 p.m. Ferguson Fit Lynne F. - FS *PAID PROGRAM*		1:00-2:00 p.m. Ferguson Fit Lynne F. - FS *PAID PROGRAM*		
4:30-5:15 p.m. Pilates Carrie J. - FS	4:30-5:15 p.m. Athletic Cond! Amy A. - FS	4:30-5:15 p.m. BodyBalance Julie N. - FS	4:30-5:15 p.m. Athletic Cond! Amy A. - FS			
		5:15-6:00p.m. Family Yoga ∞ Alexa W. - MPR				
	5:30-6:30 p.m. Cycle Amy T. - CS		5:30-6:30 p.m. Cycle Amy T. - CS			
5:30-6:15 p.m. Strength Fusion Steve B. - FS	5:30-6:15 p.m. BodyPump Karen J. - FS	5:30-6:15 p.m. Strength Fusion Steve B. - FS	5:30-6:30 p.m. BodyPump Illyssa H. - FS			
6:30-7:30 p.m. Vinyasa Yoga Cynthia C. - FS	6:30-7:30 p.m. Hip Hop Fitness ∞ Kim L. - FS	6:30-7:30 p.m. Vinyasa Yoga 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

DECEMBER EVENTS

KEEP CRUNCHIN' IT! You have until Dec. 31 to complete your 20 workouts to WIN that Holiday Crunch t-shirt!

FREE! With Movement for Life PT
Injury Screens Tues., Dec. 3rd 8-9:30 a.m.

Expert Talk: Pelvic Floor Wed., Dec. 18th
12:00-1 p.m.

Hip Hop Holiday Dance Party!
Tues., Dec. 17th 6:30-7:30 p.m. with Kim L. & friends!
Wear your most festive holiday outfit, win prizes and dance the night away to amazing Holiday tunes.
Register for class on the APP! FREE!

Kids Club Every Mon-Fri 8:00-11:45 a.m.
AND Mon.-Thurs. 3:30-7:15 p.m.
Parents Night Out! 2nd/4th Fri. 5:00-8:45 p.m. at Ferguson Family YMCA

HOLIDAY HOURS
Christmas Eve 12/24 - 4pm closing
Christmas Day 12/25 - closed
New Year's Eve 12/31 - 4pm closing
New Year's Day - 8am opening

VIRTUAL GROUP EX

Workout ANYWHERE ANYTIME!

