

GROUP EXERCISE CLASS DESCRIPTIONS

CARDIO / STRENGTH

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

Barre Taking the hottest trend in dance-inspired conditioning, ballet barre training, & 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 & Kung Fu. Punch & kick your way to fitness.

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

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 & bones. Increase your muscular strength & 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 & TRX straps to challenge your entire body with exercises designed to develop strength, balance, flexibility & core stability simultaneously.

HIIT Foundations Learn foundational exercises to improve cardiovascular fitness & build strength in a supportive environment. 4-wk Paid Program \$120 members / \$240 non-member

MIND / BODY

BODYBALANCE™ a new generation yoga class for anyone & everyone to help improve your mind, body & life. You can expect to bend & stretch through a series of simple yoga moves with elements of Tai Chi & 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 & balance.

Meditation focuses on the numerous benefits of Meditating for overall wellbeing in mind, body & spirit. Various modalities will be explored in this class including silent meditation, point-of-focus meditation, & guided meditation techniques.

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

Slow Flow Yoga a slower pace class where you will learn to combine breathing, flowing postures & 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, & 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 & 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 & all poses modifiable.

Rooted & Resilient Yoga Series Flow into 2025 with flexibility, fluidity & fortitude. This all levels restorative yoga series focuses on supporting inner alignment, balance, flexibility, mobility & strength. 4-wk Paid Program \$60 members / \$120 non-member

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 & pop music creating a dynamic, exciting, & effective workout.

Evidence-Based Health Intervention Programs

Ferguson Fit 18-week falls prevention exercise program that improves endurance, strength, balance, & flexibility. Designed to reduce arthritis symptoms with safe, low impact exercises led by certified instructors in a relaxed atmosphere that promotes fun, & friendship! In-person & via ZOOM. \$180 members / \$245 non-members

Rock Steady Boxing 12-week Parkinson's wellness recovery program designed to help maintain or restore skills that deteriorate & interfere with everyday movements. Exercises are largely adapted from boxing drills that focus on optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork & overall strength. \$125 members / \$150 non-members.

LiveStrong at the YMCA® (LSATY) FREE 12-week program for adult cancer survivors. Trained Y wellness coaches work with each participant as they transition from treatment to regaining their physical and emotional strength.

KIDS PROGRAMS

Youth Ballet & Creative Movement Our youth ballet programming focuses on the basic principles of dance, movement, coordination, balance, rhythm, & choreography. For ages 3-7. \$65 members / \$95 non-members.

Bouncing Books Story Hour 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. *Occurs first Saturday of each month. FREE!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

MARCH 2025

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 & 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

MARCH 2025

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		
8:00-9:00 a.m. HIIT Foundations Mandy Martin - CFR *PAID PROGRAM*	6:00-7:00 a.m. BodyPump Elizabeth B. - FS	8:00-9:00 a.m. HIIT Foundations Mandy Martin - CFR *PAID PROGRAM*	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 NEW!	9:00-10:00 a.m. Cycle Steve B. - CS	9:00-10:00 a.m. Cycle Mike S. - CS	9:00-9:45 a.m. Creative Movement Alexa W. - MPR *PAID PROGRAM* (a.3-4)	
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. - MPR	10:15-11:05 a.m. Zumba ∞ Lena S. - FS	10:00-10:45 a.m. Youth Ballet Alexa W. - MPR *PAID PROGRAM* (a.5-7)	10:15-11:15 a.m. Slow Flow Yoga Tom H. - MPR
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	10:15-11:05 a.m. Hip Hop Fitness ∞ Deana C. - FS	11:30 a.m.-12:00 p.m. Meditation Tom H. - MPR
11:15 a.m.-12:05 p.m. Low Impact Fitness Lynne F. - FS		10:15-11:05 a.m. Zumba ∞ Miguel F. - FS	10:15 a.m.-11:05 p.m. Low Impact Fitness Lynne F. - FS	10:30-11:30 a.m. Tai Chi - Arthritis & Balance Merideth F. - MPR	11:00 a.m.-12:00 p.m. Bouncing Books ∞ E/C Library Staff - MPR *1st Sat. of ea. month	
11:15 a.m.-12:15 p.m. TRX Foundations Gillian P. - MPR *PAID PROGRAM*	11:15 a.m.-12:45 p.m. Rock Steady Boxing Erica B. - FS *PAID PROGRAM*	10:30-11:30 a.m. Tai Chi - Arthritis & Balance Merideth F. - MPR	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*	1:00-2:30 p.m. LSATY Lynne F. - FS *PAID PROGRAM*	1:00-2:00 p.m. Ferguson Fit Lynne F. - FS *PAID PROGRAM*	1:00-2:30 p.m. LSATY Lynne F. - FS *PAID PROGRAM*	1:00-2:00 p.m. Ferguson Fit Lynne F. - FS *PAID PROGRAM*	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <p>VIRTUAL GROUP EX</p> <p>Workout ANYWHERE ANYTIME!</p>  </div>	
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			
5:30-6:30 p.m. Cycle Be kah H. - CS NEW!	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 Illysa 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

MARCH EVENTS

- **SWEAT 16 CHALLENGE!** Mar 3-28, Get your punch card at front desk & complete 16 workouts to WIN!
- **HIIT FOUNDATIONS** Mar 3-26, Mon/Wed 8-9am
- **TRX FOUNDATIONS** Mar 3-24, Mon 11:15am-12:15pm
- **HOPSCOTCH BINGO! FREE!** Mar 3, Mon 12:15-1pm
- **MFL FREE INJURY SCREEN** Mar 4, Tues, 8-9:20am
- **567BROADWAY!** Mar 5-Apr 9, Wed 11:15am-12:15pm
- **FALL PREVENTION BALANCE SCREENINGS with FYZCAL FREE!** Mar 12, Wed 2:30-4:30pm
- **HOPSCOTCH Coffee & Conversations** Mar 13, Thurs 9-10:30am in lobby
- **YMCA OF WNC ANNUAL DAY OF GIVING!** Give to the Y & give back to your community! Tuesday March 18!
- **HOPSCOTCH PRIMARY CARE 101:** Mar 19, Wed 11:45am-12:45pm
- **MFL EXPERT TALK: Pelvic Health** Mar 26, Wed 11:45am-12:45pm
- **HOPSCOTCH DOC TALK: Lung Health** Mar 31, Mon 12:15pm-1:15pm

FOR THE KIDS

- **BOUNCING BOOKS STORY HOUR** Mar 1, Sat 11am with our friends from Enka-Candler Library
- **KIDS CLUB** Every Mon-Fri 8:00-11:45 am AND Mon.-Thurs. 3:30-7:15 pm
- **PARENT'S NIGHT OUT 2+4th** Fri. 5:00-8:45 pm at Ferguson Family YMCA. Parents- Don't forget your FREE Quarterly PNO!