

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!

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

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

TRX® Total Resistance Exercise training uses your bodyweight & TRX straps to challenge your entire body with exercises designed to develop strength, balance, flexibility & core stability.

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 & balance 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.

Roll & Release 4-Week Series Unlock tension, improve mobility, and enhance recovery in this guided Roll & Release workshop with Gillian Hailey Parcells. Using foam rollers, massage balls, and other self-myofascial release tools, you'll learn techniques to reduce muscle tightness, increase circulation, and restore movement efficiency. *Paid Program.

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

APRIL 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

APRIL 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		
	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 Steve B. - CS	9:00-10:00 a.m. Cycle Mike S. - CS	9:00-9:45 a.m. Creative Movement Alexa W. - MPR <i>*PAID PROGRAM*</i> (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	10:15-11:00 a.m. Strength Fusion Shelley N. - MPR NEW!
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 <i>*PAID PROGRAM*</i> (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 <i>*1st Sat. of ea. month</i>	
11:15a.m.-12:15p.m. Roll & Release Gillian P. - MPR <i>*PAID PROGRAM* 4/21</i>	11:15a.m.-12:45p.m. Rock Steady Boxing Erica B. - FS <i>*PAID PROGRAM*</i>	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 <i>*PAID PROGRAM*</i>			
1:00-2:00 p.m. Ferguson Fit Lynne F. - FS <i>*PAID PROGRAM*</i>	1:00-2:30 p.m. LSATY Lynne F. - FS <i>*PAID PROGRAM*</i>	11:15a.m.-12:15p.m. 567BROADWAY Conny A. - FS <i>*PAID PROGRAM* 4/21</i>	1:00-2:30 p.m. LSATY Lynne F. - FS <i>*PAID PROGRAM*</i>	1:00-2:00 p.m. Ferguson Fit Lynne F. - FS <i>*PAID PROGRAM*</i>	<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	1:00-2:00 p.m. Ferguson Fit Lynne F. - FS <i>*PAID PROGRAM*</i>	4:30-5:15 p.m. Athletic Cond! Amy A. - FS			
5:30-6:30 p.m. Cycle Bekah H. - CS	5:30-6:30 p.m. Cycle Amy T. - CS	4:30-5:15 p.m. BodyBalance Julie N. - FS	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. Cardio Step Julie N. - FS NEW!	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

APRIL EVENTS

- MOVEMENT FOR LIFE FREE INJURY SCREENS
Tues., April 1 @ 4:30-6:30pm
- HOPSCOTCH PARTNER PUZZLE CHALLENGE
Tues., April 8 @ 12-1pm
- HOPSCOTCH Coffee & Conversation s
Mon., April 21 @ 9-10:30am
- ROLL & RELEASE 4-week series w/ GILLIAN Monday's,
April 21-May 12 @ 11:15-12:15pm
- MOVEMENT FOR LIFE EXPERT TALK: Managing Back
Pain Wed., April 23 @ 11:45am-12:45pm
- LES MILLS LAUNCH PARTY! All new rounds! Sat., April
26 from 8:15am-12pm!
- HOPSCOTCH TRIVIA GAMES & PRIZES
Tues., April 29 @ 12-1pm

FOR THE KIDS

- BOUNCING BOOKS April 5, Sat. 11am-12pm with our
friends from Enka-Candler Library
- YOUTH BALLET begins Sat. April 9th for ages 3-7.
- CAMP KIDDOS registration is NOW OPEN for summer
sessions! Ages 3-5 half day camps A great way to keep
your kids busy and entertained this summer!
- KIDS CLUB Every Mon-Fri 8:00-11:45 am AND
Mon.-Thurs. 3:30-7:15 pm
- PARENTS NIGHT OUT 2nd/4th Fri., 5:00-8:45 pm at
Ferguson Family YMCA. Parents- Don't forget your
FREE Quarterly PNO!