GROUP EXERCISE CLASS DESCRIPTIONS

CARDIO
Group Cycling Indoor cycle class on stationary bikes that includes a variety of techniques & skills to provide a high energy cardio workout. Reservation required. You must be 16 & up to ride.

CARDIO / STRENGTH
Athletic Conditioning Cardio, strength, balance, & plyometric drills, plus core work designed to improve performance in athletics as well as everyday activities. Functional fitness at its best!
Barre Taking the hottest trend in dance-inspired conditioning, ballet barre training, and using “make-sense progression” to create a format suitable for every level of exerciser, BARRE is a workout like no other! This format combines Balance, Agility, Resistance, working Recovery and Eloquence into a challenging full body workout.
Core De Force class is much more than a typical cardio class. It’s an empowering, core-focused workout, inspired by the highest octane sport in the world-mixed martial arts. Class uses bodyweight only for strength movements. All levels welcome
Low Impact Fitness A class geared toward active older adults and can be performed seated or standing.
P90X Live Keep your body guessing and transforming with a variety of strength-training moves, cardio, and core work. Find strength in numbers as you tone strong, lean muscles and bust through any plateaus that stand in your way. Together, you’ll bring it better!
Strong 30 Stop counting the reps. Start training to the beat. STRONG combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.
HIIT High Intensity Interval Training (HIIT) is a challenging class designed to increase your muscular strength, maximize calorie burn, and blast through plateaus. You’ll experience short, intense bouts of exercise using many modes of training including body weight, suspension training and kettlebells.
TRX Suspension Training Bodyweight exercise develops strength, balance, flexibility & core stability simultaneously.

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

DANCE
Zumba® Latin-inspired dance class that incorporates international & pop music, creating a dynamic, exciting, & effective workout.
Zumba® Gold is a no-impact offering.
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!

MIND / BODY
Vinyasa Yoga Students focus on linking conscious breath with a mindful flow, awakening their strength, energy, & flexibility.
Power Yoga An active yoga style that moves more quickly through poses building heat, strength & flexibility. Poses are linked together with vinyasa. Expect to sweat!
Restorative Yoga work props to achieve postures that are restful & meditative. Poses are held for longer, & movement is slow & intentional. Great for beginners, those seeking relaxation, or participants with joint & mobility limitations.
Gentle Yoga A class with a more gentle approach to yoga. Class will work through a series of gentle postures with a focus on breathing techniques.
Pilates Incorporates core training, stretching, & proper breathing techniques for a full body workout. NOTE: Please let your instructor know if you have osteopenia/osteoporosis.
Kid’s Classes Will be a special offering during the month, best suited for kid’s ages 5-9 years old. They will need to be signed into Child Watch and then can be taken to class and back to Child Watch after.

How to register for classes: Go to ymcawnc.org. Click “Schedules” at the top of the page. Click “Group Exercise Button.” Set location by the drop down menu. Click the “Sign Up” button. Click the “Create a Login” tab, enter the appropriate fields, and click “Register.” Click the blue “log in” button. Use your email address and password to log in. Click “reserve a spot.”
# FERGUSON FAMILY YMCA
## GROUP EXERCISE SCHEDULE
### 2019 | SEPTEMBER

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td>6:00a-6:50a</td>
<td>Strength Fusion Linda Rettig S</td>
<td>5:45a-6:45a √ Group Cycle Steve Brookner CS</td>
<td>6:15a-7:15a Core de Force Blake Moore S</td>
<td>5:45a-6:45a √ Group Cycle Steve Brookner CS</td>
<td>8:15a-9:00a √ Cycle Express Mike Stanton CS</td>
<td>8:15a-9:05a ∞ Zumba Ylilana Tuck S</td>
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<td>6:30a-7:30a</td>
<td>Group Cycle Steve Brookner CS</td>
<td>6:45a-7:45a</td>
<td>5:45a-6:45a</td>
<td>5:15a-5:50a</td>
<td>5:00a-5:45p</td>
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<td>7:00a-7:50a</td>
<td>Barre 45 Linda Rettig S</td>
<td>7:00a-8:00a Pilates Linda Martin S</td>
<td>8:15a-9:20a Vinyasa Yoga Rene Catano MPR</td>
<td>8:30a-9:20a HIIT Melissa Hutcherson S</td>
<td>8:30a-9:20a</td>
<td>8:15a-9:00a √ Cycle Express Shonna Campbell CS</td>
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<tr>
<td>7:15a-7:45a</td>
<td>Kids Yoga</td>
<td>8:15a-9:00a</td>
<td>8:30a-9:20a</td>
<td>8:30a-9:20a</td>
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<tr>
<td>8:15a-9:00a √ Group Cycle Steve Brookner CS</td>
<td>8:30a-9:20a HIIT Melissa Hutcherson S</td>
<td>9:15a-10:15a √ Group Cycle Caitlin Smits CS</td>
<td>9:15a-10:15a √ Group Cycle Steve Brookner CS</td>
<td>9:15a-10:15a √ Group Cycle Steve B./ Caitlin Smits CS</td>
<td>9:15a-10:15a √ Group Cycle Steve Brookner CS</td>
<td>8:30a-9:00a ∞ Kids Yoga Jodi Eubanks MPR</td>
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<td>9:15a-10:15a</td>
<td>2:00p-2:50p Zumba Miguel Flamini S</td>
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<td>9:15a-10:15a √ Group Cycle Steve Brookner CS</td>
<td>Flow Yoga Jackaline Stallings S</td>
<td>9:30a-10:15a √ Group Cycle Steve Brookner CS</td>
<td>10:30a-11:15a √ Group Cycle Katie Nix S</td>
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<td>9:30a-10:20a Restorative Yoga (Chair) Sascha Frowine MPR</td>
<td>10:30a-11:15a √ Group Cycle Katie Nix S</td>
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<td>10:30a-11:15a</td>
<td>10:30a-11:15a</td>
<td>10:00a-11:50a</td>
<td>11:00a-11:50a Low Impact Fitness Crystal Eterno S</td>
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<td>10:30a-11:15a √ TRX Nadia Simon FFR</td>
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<td>11:00a-11:50a + Low Impact Fitness Melissa Hutcherson S</td>
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<td>11:00a-11:50a</td>
<td>11:00a-11:50a</td>
<td>3:15p-4:15p ∞ Vinyasa Yoga Kristina Breidenstein S</td>
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<td>1:00-2:00pm Studio in Use</td>
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- **New to Group Exercise Class**
- **√ Reservation May be Required**
- **! High Intensity/Experienced Exercisers**
- **∞ Kids Class/ Family Friendly**
- **+ New Class or Class change**

Follow us on Facebook for updates and Ferguson Family YMCA happenings!!