

**the Y FERGUSON FAMILY YMCA**  
**GROUP EXERCISE SCHEDULE**

**May 2021**

- ✓ Reservations REQUIRED FOR ALL CLASSES
- ! High Intensity/Experienced Exercisers
- ∞ Kids Class/ Family Friendly
- + New Class or Class change
- \* You must receive a health screening prior to participating in class.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00a.m. + Athletic Conditioning Christina Front of Y	6:00-7:00 a.m. Cycle Steve B. Front of Y	6:15-7:00a.m. Athletic Conditioning Steve B. Front of Y	6:00-7:00 a.m. Cycle Steve B. Front of Y	6:15-7:00a.m. Athletic Conditioning Steve B. Front of Y		
	8:15-9:00a.m. Barre Corey J. Studio		8:15-9:00a.m. Barre Corey J. Studio		8:00-9:00 a.m. Cycle Steve B. Front of Y	
9:00 - 9:50a.m. Gentle Yoga Sascha F. Studio	9:00-10:00 a.m. Cycle Steve B. Front of Y	9:00 - 9:50a.m. Gentle Yoga Sascha F. Studio	9:00-10:00 a.m. Cycle Steve B. Front of Y	9:00 - 9:50a.m. Gentle Yoga Sascha F. Studio	9:15-10:15 a.m. Cycle Steve B. Front of Y	
10:00—10:45a.m. Hip Hop Illysa Studio		10:00—10:45a.m. Hip Hop Illysa Studio				
		11:00—11:45a.m. TRX Julie Back Patio	11:00-11:50a.m. Low Impact Fitness Lynne F. Enka AB Tech Lot			
5:30-6:15 p.m. Strength Fusion Steve B. Front of Y	5:30-6:30 p.m. Cycle Steve B. Front of Y	5:30-6:15 p.m. Strength Fusion Steve B. Front of Y	5:30-6:30 p.m. Cycle Steve B. Front of Y			

We have over 30 additional virtual classes available every day of the week, please go to <https://ymcawnc.org/virtual-ymca> for a full schedule.

For more outdoor classes, all 8 of our centers are offering a variety of options for schedules: <https://ymcawnc.org/schedules>