

WESTRIDGE Workouts are a function fitness training methodology that coaches people of all ability levels to improve their physical well-being and cardiovascular fitness through constantly varied, high-intensity functional movements, in an accepting and encouraging environment.

BARBELL CLUB Barbell Club focuses on athletes abilities to perform basic barbell movements as well as Olympic lifts with correct technique and form. This class will focus on weightlifting and accessory work. This is at no additional cost but is for Westridge members only. (Class currently on HOLD)

Gymnastics Skills focuses on athletes abilities to perform basic body weight movements as well as skilled gymnastic work with correct technique and form. This is at no additional cost but is for Westridge members only. (Class currently on HOLD)

ON RAMP On-Ramp is a two day, 4 hour coaching course that teaches the foundation of functional fitness and all other movements and exercises that are frequently used during workouts of the day. On-Ramp also teaches functional fitness lingo, meaning of all acronyms and benchmark workouts. You will work out in every class. On Ramp needed for all new inexperienced participants and is for Westridge members only. (Class currently on HOLD)



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WESTRIDGE SCHEDULE

Ferguson Family YMCA
Functional Fitness Studio

November 2020

**Limited Space is available,
reservations required.**

**Please reserve your space on
our YMCAwnc app.**
Reservations can be made 24
hours in advance.

Interested in joining a
Westridge class?
First class is on us!
Contact Stephanie at
smunn@ymcawnc.org

FACILITY HOURS

Monday-Saturday: 7:00a.m.-12p.m.

Monday-Thursday: 3:00p.m.-7:00p.m.

Sunday: Closed

All members will have to
participate in a health screening prior
to class.

Ferguson Family YMCA
31 Westridge Marketplace
Candler, NC 28715
828 575-2940 • ymcawnc.org



WESTRIDGE CF SCHEDULE

November 2020

****Schedule Subject to Change**

All classes require reservations. Please see the app

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:15a.m. Westridge Class Kevin		6:15-7:15a.m. Westridge Class Christina		6:15-7:15a.m. Westridge Class Kevin		
7:30-8:30a.m. Westridge Class Kevin	7:30-8:30a.m. Westridge Class Christina	7:30-8:30a.m. Westridge Class Christina	7:30-8:30a.m. Westridge Class Christina	7:30-8:30a.m. Westridge Class Kevin		
					10:00-11:00a.m. Westridge Class Nat	10:00-11:00a.m. Westridge Class Stephanie
6:00-7:00p.m. Westridge Class Stephanie	6:00-7:00p.m. Westridge Class Nat	6:00-7:00p.m. Westridge Class Darryl		6:00-7:00p.m. Westridge Class Nat		
					Open Gym Hours: Monday-Saturday 7a.m.-12p.m. Monday-Thursday 3p.m.-7p.m.	