



Free Group Exercise Classes  
 Marion Family YMCA  
 August 19th - August 25th

645 Barks Rd E  
 Marion, OH 43302  
 (740) 725-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
9am		<b>Silver Sneakers Yoga</b> Meeting Room Valerie Wigton 9:30am - 10:30am		<b>Silver Sneakers Yoga</b> Meeting Room Valerie Wigton 9:30am - 10:30am			
		<b>Beginner Yoga</b> Conference Room Jeannie Brewer 9:45am - 10:45am		<b>Beginner Yoga</b> Conference Room Jeannie Brewer 9:45am - 10:45am			
10am	<b>Vinyasa Yoga</b> Conference Room Jeannie Brewer 10:30am - 11:30am		<b>Vinyasa Yoga</b> Conference Room Jeannie Brewer 10:30am - 11:30am				
11am		<b>AM Yoga</b> Conference Room Jeannie Brewer 11am - 12pm		<b>AM Yoga</b> Conference Room Jeannie Brewer 11am - 12pm			
5pm				<b>Hatha Yoga</b> Conference Room Laura Brown 5:30pm - 6:15pm			
6pm			<b>Hatha Yoga</b> Conference Room Cheryl Gillespie 6:30pm - 7:30pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



## Class Descriptions Marion Family YMCA

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**AM Yoga** - Begin the day with a great start in this Vinyasa style yoga class that will invigorate your morning.

**Beginner Yoga** - This class is designed for anyone that has never tried yoga or needs a slower paced yoga class. Participants will learn the proper form and technique of standing and seated poses of the primary series. The use of blocks and straps are encouraged.

**Hatha Yoga** - Gentle, basic yoga with no flow between poses. This is a slow paced yoga class with breathing and relaxation techniques.

**Silver Sneakers Yoga** - SilverSneakers® Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

**Vinyasa Yoga** - Vinyasa yoga is a series of poses that will move you through the power of inhaling and exhaling.