



Free Group Exercise Classes
 Marion Family YMCA
 December 1st - December 15th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Step and Pump AS1 Audrey Haycook 5:05am - 5:55am	Weight Gainz AS1 Sarah Jo Peters 5:05am - 5:50am	Kettlebell AMPD AS1 Audrey Haycook 5:05am - 5:55am	Weight Gainz AS1 Sarah Jo Peters 5:05am - 5:50am	AM Cycle Cycle Room Audrey Haycook 5:05am - 5:55am		
	AM Cycle Cycle Room Jen McCleese 5:30am - 6:15am	AM Cycle Cycle Room John Wiseman 5:10am - 5:55am	AM Cycle Cycle Room John Wiseman 5:10am - 5:55am	AM Cycle Cycle Room John Wiseman 5:10am - 5:55am			
6am		Fit in a Flash AS1 Jen McCleese 6am - 6:45am	Step Aerobics AS1 Jen McCleese 6am - 6:45am	Fit in a Flash AS1 Jen McCleese 6am - 6:45am	Weights, Cardio, and Core AS1 Amanda Swartz 6am - 6:45am		
7am	Total Body Tone AS1 Nikki Orlett 7am - 7:45am	Drums Alive AS1 JoAnn Radwin-Zimmerman 7am - 7:45am	Total Body Tone AS1 Nikki Orlett 7am - 7:45am	Drums Alive AS1 JoAnn Radwin-Zimmerman 7am - 7:45am	Total Body Tone AS1 Nikki Orlett 7am - 7:45am	Cardio Kickboxing AS2 Audrey Haycook 7:15am - 8am	
						Step Aerobics AS1 Jen McCleese 7:30am - 8:30am	
8am						Total TRX AS3 Sara Craig 8am - 9am	
						Zumba AS1 Angie Lowe 8:35am - 9:20am	
9am	Tabata Toning AS1 Cheri Harrod 9am - 9:30am	Total Strength AS1 Heather Wright 9:15am - 10:15am	Tabata Toning AS1 Cheri Harrod 9am - 9:30am	Total Strength AS1 Heather Wright 9:15am - 10:15am	Youthful Hearts AS1 Cheri Harrod 9am - 10am		
	Cycle Circuit Cycle Room Heather Wright 9:15am - 10:15am	Silver Sneakers Yoga Meeting Room Valerie Wigton 9:30am - 10:30am	Cycle Circuit Cycle Room Heather Wright 9:15am - 10:15am	Silver Sneakers Yoga Meeting Room Valerie Wigton 9:30am - 10:30am	Cycle Circuit Cycle Room Heather Wright 9:15am - 10:15am		
	Kickboxing & More AS2 Vicky Cerny 9:30am - 10:30am	Beginner Yoga Conference Room Jeannie Brewer 9:45am - 10:45am	Kickboxing & More AS2 Vicky Cerny 9:30am - 10:30am	Beginner Yoga Conference Room Jeannie Brewer 9:45am - 10:45am			
10am	Vinyasa Yoga Conference Room Jeannie Brewer 10:30am - 11:30am	Barre Blend AS3 Cindy Jennings 10am - 10:45am	Vinyasa Yoga Conference Room Jeannie Brewer 10:30am - 11:30am	Barre Blend AS3 Cindy Jennings 10am - 10:45am		Grooves (Family Friendly) AS1 Vicky Howard 10am - 11am	
		Silver Sneakers Circuit AS1 April Morrison 10:45am - 11:30am		Silver Sneakers Circuit AS1 Judy Steed 10:45am - 11:30am			

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.



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11am		AM Yoga Conference Room Jeannie Brewer 11am - 12pm		AM Yoga Conference Room Jeannie Brewer 11am - 12pm	Drums Alive AS1 JoAnn Radwin-Zimmerman 11:50am - 12:50pm		
		Cycle to Tone Cycle Room Becky Drouhard 11:45am - 12:30pm		Cycle to Tone Cycle Room Becky Drouhard 11:45am - 12:30pm			
		Line Dance I AS1 April Morrison 11:45am - 12:45pm		Line Dancing II AS1 April Morrison 11:45am - 12:45pm			
12pm	Silver Sneakers Classic AS1 April Morrison 12:15pm - 1pm		Silver Sneakers Classic AS1 April Morrison 12:15pm - 1pm				TRX 30-30 AS1 Lance Shipley 12:15pm - 1:15pm
2pm							Sunday Cycle Cycle Room Sara Craig 2pm - 3pm
4pm	Cycle to Fitt Cycle Room Vickie Axline 4:30pm - 5:30pm	Pump AS1 Amanda Swartz 4:45pm - 5:45pm	Cycle to Fitt Cycle Room Vickie Axline 4:30pm - 5:30pm	Cardio Kickboxing AS2 Angie Lowe 4:30pm - 5:15pm			
	Kettlebell AMPD AS1 Angie Lowe 4:30pm - 5pm			Pump AS1 Amanda Swartz 4:45pm - 5:45pm			
5pm	Bollyx AS1 Angela Snow 5:30pm - 6:15pm	Kickboxing & More AS2 Mandy Adams 5:15pm - 5:45pm	Bollyx AS1 Angela Snow 5:30pm - 6:15pm	Cross Fire TRX & More AS3 Carrie Guyton 5:30pm - 6:30pm			
	Cycle to Strength Cycle Room Michelle Ferguson 5:30pm - 6:30pm	Cross Fire TRX & More AS3 Carrie Guyton 5:30pm - 6:30pm	Cycle to Strength Cycle Room Michelle Ferguson 5:30pm - 6:30pm	Hatha Yoga Conference Room Laura Brown 5:30pm - 6:15pm			
		Grooves (Family Friendly) AS1 Vicky Howard 5:55pm - 6:40pm	Cardio Kickboxing AS2 Nikki Orlett 5:45pm - 6:45pm	Grooves (Family Friendly) AS1 Vicky Howard 5:55pm - 6:40pm			
6pm	Cross Training Cycle Room James Craig 6pm - 6:30pm	Zumba (Family Friendly) AS1 Shannon Robinson 6:45pm - 7:30pm	Cross Training Cycle Room James Craig 6pm - 6:30pm	Zumba (Family Friendly) AS1 Shannon Robinson 6:45pm - 7:30pm			
	Cross Training AS1 James Craig 6:30pm - 7pm		Cross Training AS1 James Craig 6:30pm - 7pm				

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	MON	TUE	WED	THU	FRI	SAT	SUN
	Beginner Cycle Cycle Room Gina Parker 6:45pm - 7:30pm		Hatha Yoga Conference Room Cheryl Gillespie 6:30pm - 7:30pm				
			Beginner Cycle Cycle Room Gina Parker 6:45pm - 7:30pm				
7pm	Kettlebell Dance Mix AS1 Heather Reed 7:05pm - 8:05pm	Barre Blend AS3 Stephanie Anderson 7:55pm - 8:55pm	Kettlebell Dance Mix AS1 Heather Reed 7:05pm - 8:05pm				
	Kickboxing AS2 Wendy Stoner 7:45pm - 8:45pm		Kickboxing AS2 Wendy Stoner 7:45pm - 8:45pm				

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Class Descriptions Marion Family YMCA

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AM Cycle - Multi-level, user friendly, high energy work on the stationary bike including resistance training intervals off the bike. This high energy class is set to motivating music to take you to the next level.

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

Barre Blend - This class fuses exercises from ballet, cardio training, Pilates and yoga into one class to challenge and tone the entire body.

Beginner Cycle - A great way to introduce yourself to a Cycle class. Build your cardio endurance, while burning some calories in this beginner style class.

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.

Bollyx - Bollyx is a Bollywood-inspired dance-fitness program that combines dynamic choreography and intensive workouts with upbeat music.

Cardio Kickboxing - This class is a combination of cardio, kickboxing and is choreographed to music. It provides a total body workout which aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance.

Cross Fire TRX & More - A complete workout with boot camp style exercises with the multi-function of TRX training stations and other equipment. You'll work your entire body and challenge your core. Intermediate - Advanced

Cross Training - Cardio, Free Weights, Core Development, Cycle and more.

Cycle Circuit - Class is fun and upbeat! Indoor studio cycling combined with weight training, running and other cardiovascular activities to give you a total body workout!

Cycle to Fit - Cycle on the indoor bikes for 30 min. and then focus on your strength and cardiovascular endurance in this cross fit style 30 minute workout.

Cycle to Strength - Burn calories and build stamina. Cycle on stationary bikes with strength training and toning segments.

Cycle to Tone - Stop in during your lunch break and get a quick workout. Segments of cycling, strength training, and abs work.

Drums Alive - Drums Alive combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm.

Fit in a Flash - Combination of cardio and weight training focusing on upper body & abs. A fun class to get the day started.

Grooves (Family Friendly) - Get your heart pumping in this full out dance class. Latin, Hip hop, and pop music inspire you to shake it & burn calories. Children 7 and up may attend, must be accompanied by their parent, and must stay in the classroom the entire time.

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

Kettlebell AMPD - Heart pumping music and kettlebell moves. Each song targets and focuses on a main area to tone and sweat with this muscle ampd class.

Kettlebell Dance Mix - Torch fat, sculpt lean muscle and crush calories with this high intensity workout that mixes dance-based cardio with strength training. This class combines elements of jazz dance, resistance training, and more to create a truly effective class.

Kickboxing - Burn calories while relieving stress. Work on strength and cardio system all at once in this high intensity workout. Class will use bags and gloves. Bring your own gloves.

Kickboxing & More - Bring your own gloves to a class of 30 to 45 minutes of kickboxing, along with strength training and abs.

Line Dance I - Learn to line dance to all types of music, promote your cardiovascular health, get a low intensity aerobic workout, and improve your memory.

Line Dancing II - In this class you should already be familiar with line dancing steps and have attended the Monday class for at least 8 weeks. This class will teach more complicated steps and rhythms while promoting your cardiovascular health.

Pump - One hour of fun, total body, heart pumping, strength, cardio workout. Full body strength training workout with bursts of cardio that will tone your body and build your endurance.

Silver Sneakers Circuit - Combine fun and fitness to increase your cardiovascular and muscular endurance with a standing workout. Upper body strength work using hand held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography.

Silver Sneakers Classic - Move to the music through exercises designed to increase strength, range of motion and activity for daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated/standing support.

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.



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Step Aerobics - This class includes a brief warm-up followed by moderate to high intensity step combinations. Will improve heart and lung functions, burn calories, and improve coordination and agility. Some toning also included.

Step and Pump - Choreographed exercise for great cardio fitness combined with toning and strengthening exercises for a total body conditioning class.

Sunday Cycle - 60 minutes of cycle class on indoor cycle bikes.

Tabata Toning - Tabata is great for a quick workout if you're short on time, need to switch it up or improve endurance. Incorporate this workout into your fitness routine and produce results. Tabata is a 20 second workout and a 10 second break, repeated 4-10 rounds.

Total Body Tone - This is a great workout on days when you are pressed for time but want to get in a good strength and cardio routine. In class you will get a cardiovascular challenge, a total body toning workout, cool down and stretch.

Total Strength - A variety of strength and cardio meant to challenge your stamina and endurance. This class fuses strength with cardio training to provide a full workout experience.

Total TRX - Challenge yourself with a full body TRX workout. Use TRX suspension to engage and build muscle and core strength. With cardio, strength conditioning you will experience a well rounded 60 minute workout. All fitness levels welcome.

TRX 30-30 - Thirty minutes of intense cardio mixed with 30 minutes of TRX conditioning.

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

Weight Gainz - A total-body pure strength muscle building class that is designed to deliver results in a high impact, fast paced, and upbeat way. It is for those who desire to get their muscles in shape, gain strength or just want to mix it up from week to week.

Weights, Cardio, and Core - An hour of strength training mixed with cardio in this intermediate to advanced level class.

Youthful Hearts - A great class to get you moving and healthy. It's aim is to make you feel like a kid again while you burn calories and build health.

Zumba - Combine high energy and motivating Latin and international music with unique moves that are easy and fun. Ditch the workout, join the party! No dance experience required.

Zumba (Family Friendly) - Combine high energy and motivating Latin and international music with unique moves that are easy and fun. Children 7 and up may attend, must be accompanied by their parent, and must stay in the classroom the entire time.