



Free Group Exercise Classes
 Marion Family YMCA
 December 30th - January 5th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	AM Cycle Cycle Room Jen McCleese 5:30am - 6:15am		Kettlebell AMPD AS1 Audrey Haycook 5:05am - 5:50am	Weight Gainz AS1 Sarah Jo Peters 5:05am - 5:50am	AM Cycle Cycle Room Audrey Haycook 5:05am - 5:50am		
6am			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		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			Cycle Circuit Cycle Room Heather Wright 9:15am - 10:15am		Cycle Circuit Cycle Room Heather Wright 9:15am - 10:15am		
10am				Barre Blend AS3 Cindy Jennings 10am - 10:45am		Grooves (Family Friendly) AS1 Vicky Howard 10am - 11am	
				Silver Sneakers Circuit AS1 Judy Steed 10:45am - 11:30am			
11am				Line Dancing II AS1 April Morrison 11:45am - 12:45pm	Drums Alive AS1 JoAnn Radwin-Zimmerman 11:50am - 12:50pm		
12pm			Silver Sneakers Classic AS1 April Morrison 12:15pm - 1pm				
2pm							Sunday Cycle Cycle Room Sara Craig 2pm - 3pm

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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	MON	TUE	WED	THU	FRI	SAT	SUN
4pm				Cardio Kickboxing AS2 Angie Lowe 4:30pm - 5:15pm			
				Pump AS1 Amanda Swartz 4:45pm - 5:45pm			
5pm			Bollyx AS1 Angela Snow 5:30pm - 6:15pm	Cross Fire TRX & More AS3 Carrie Guyton 5:30pm - 6:30pm			
			Cardio Kickboxing AS2 Nikki Orlett 5:45pm - 6:45pm	Grooves (Family Friendly) AS1 Vicky Howard 5:55pm - 6:40pm			
6pm			Hatha Yoga Conference Room Cheryl Gillespie 6:30pm - 7:30pm	Zumba (Family Friendly) AS1 Shannon Robinson 6:45pm - 7:30pm			
7pm			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.

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

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

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!

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.

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.

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.

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.

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

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 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.

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.

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.