



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

THE FOLLOWING CLASSES WILL **NOT** BE HELD DURING THANKSGIVING WEEK.

SATURDAY, NOVEMBER 17

Step Aerobics 7:30 – 8:30 am Jen McCleese

MONDAY

Cycle – 5:05 – 5:55 am John Wiseman

TUESDAY

Fit in a Flash 6:00 – 6:45 am – Jen McCleese

WEDNESDAY NOVEMBER 21

Step Aerobics 6:00 – 6:45 am Jen McCleese

Total Body Tone 7:00 – 7:45 am – Nikki Orlett

Tabata Toning 9:00 – 9:30 am – Cheri Harrod

Kickboxing and More 9:30 – 10:30 am Vicky Cerney

Zumba 4:30 – 5:15 pm - Audrey Haycook

CardioKickboxing 5:45 – 6:30 pm – Nikki Orlett

Kettlebell Dance Mix 7:05 – 8:05 pm – Heather Read

THURSDAY – THANKSGIVING DAY - MARION FAMILY YMCA CLOSED

FRIDAY NOVEMBER 23

Kettlebell AMPD 5:05 – 5:55 am – Audrey Haycook

Youthful Hearts 9:00 – 10:00 am – Cheri Harrod

EnhanceFitness 9:30 – 10:30 am - April Morrison

Cycle 9:15 – 10:15 – Heather Wright

SATURDAY NOVEMBER 24

Step Aerobics 7:30 – 8:30 am Jen McCleese

Saturday Cycle 7:45 – 8:30 am Audrey Haycook

**MARION FAMILY YMCA
WOPAT YMCA CENTER**

645 Barks Road East, Marion, OH 43302

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WWW.MARIONYMCA.ORG