



Free Group Exercise Classes  
 Marion Family YMCA  
 July 1st - July 31st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am		<b>Weight Gainz</b> AS1 Sarah Jo Peters 5:05am - 5:50am	<b>Morning Mashup</b> AS1 Audrey Haycook 5:05am - 5:50am	<b>Weight Gainz</b> AS1 Sarah Jo Peters 5:05am - 5:50am	<b>AM Cycle</b> Cycle Room Audrey Haycook 5:05am - 5:50am		
		<b>AM Cycle</b> Cycle Room John Wiseman 5:05am - 5:50am		<b>AM Cycle</b> Cycle Room John Wiseman 5:05am - 5:50am			
6am		<b>Fit in a Flash</b> AS1 Jen McCleese 6am - 6:45am	<b>Step Aerobics</b> AS1 Jen McCleese 6am - 6:45am	<b>Fit in a Flash</b> AS1 Jen McCleese 6am - 6:45am			
7am		<b>Drums Alive</b> AS1 JoAnn Radwin-Zimmerman 7am - 8am		<b>Drums Alive</b> AS1 JoAnn Radwin-Zimmerman 7am - 8am		<b>Step Aerobics</b> AS1 Jen McCleese 7:30am - 8:30am	
8am						<b>Total TRX</b> AS3 Sara Craig 8am - 9am	
9am	<b>Tabata Toning</b> AS1 Cheri Harrod 9am - 9:30am	<b>Total Strength</b> AS1 Heather Wright 9:15am - 10:15am	<b>Tabata Toning</b> AS1 Cheri Harrod 9am - 9:30am	<b>Total Strength</b> AS1 Heather Wright 9:15am - 10:15am	<b>Cycle Circuit</b> Cycle Room Heather Wright 9:15am - 10:15am		
	<b>Cycle Circuit</b> Cycle Room Heather Wright 9:15am - 10:15am	<b>Chair (Silver Sneakers) Yoga</b> Conference Room Valerie Wigton 9:30am - 10:30am	<b>Cycle Circuit</b> Cycle Room Heather Wright 9:15am - 10:15am	<b>Chair (Silver Sneakers) Yoga</b> Conference Room Valerie Wigton 9:30am - 10:30am	<b>Silver Sneakers Classic</b> AS3 April Morrison 9:30am - 10:30am		
	<b>Gentle Yoga</b> Conference Room Valerie Wigton 9:30am - 10:30am		<b>Gentle Yoga</b> Conference Room Valerie Wigton 9:30am - 10:30am		<b>Drums Alive</b> AS1 JoAnn Radwin-Zimmerman 9:30am - 10:30am		
	<b>Silver Sneakers Classic</b> AS3 April Morrison 9:30am - 10:30am		<b>Silver Sneakers Classic</b> AS3 April Morrison 9:30am - 10:30am				
10am		<b>Barre Blend</b> AS3 Cassie McDaniel 10am - 10:45am		<b>Barre Blend</b> AS3 Cassie McDaniel 10am - 10:45am		<b>Grooves (6 G and Family Friendly)</b> AS1 Vicki Howard 10am - 11am	
		<b>Silver Sneakers Circuit</b> AS1 April Morrison 10:45am - 11:30am		<b>Silver Sneakers Circuit</b> AS1 Judy Steed 10:45am - 11:30am			
11am		<b>Vinyasa with Valerie</b> Conference Room Valerie Wigton 11am - 12pm		<b>Vinyasa with Valerie</b> Conference Room Valerie Wigton 11am - 12pm			

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
		<b>Cycle to Tone</b> Cycle Room Becky Drouhard 11:45am - 12:30pm		<b>Cycle to Tone</b> Cycle Room Becky Drouhard 11:45am - 12:30pm			
<b>4pm</b>	<b>Cycle to Fitt</b> Cycle Room Amanda Swartz 4:30pm - 5:30pm	<b>Pump</b> AS1 Amanda Swartz 4:45pm - 5:45pm	<b>Cycle to Fitt</b> Cycle Room Amanda Swartz 4:30pm - 5:30pm	<b>Pump</b> AS1 Amanda Swartz 4:45pm - 5:45pm			
	<b>Kettlebell AMPD</b> AS1 Sarah Booker 4:30pm - 5pm						
	<b>Barre Blend ( 6G and Family Friendly)</b> AS3 Stephanie Anderson 4:45pm - 5:30pm						
<b>5pm</b>	<b>Strength Train Together</b> AS1 Bill Clem 5:15pm - 6:15pm	<b>Vinyasa Yoga</b> Conference Room Jeannie Brewer 5:15pm - 6:15pm	<b>Dance Fusion (6 G and Family Friendly)</b> AS1 Angela Snow 5:30pm - 6:15pm	<b>Vinyasa Yoga</b> Conference Room Jeannie Brewer 5:15pm - 6:15pm	<b>Strength Train Together</b> AS1 Emerald Smith 5:15pm - 6:15pm		
	<b>Cycle to Strength</b> Cycle Room Michelle Ferguson 5:30pm - 6:30pm	<b>Cross Fire and More (6 G)</b> AS3 Carrie Guyton 5:30pm - 6:30pm	<b>Cycle to Strength</b> Cycle Room Michelle Ferguson 5:30pm - 6:30pm	<b>Cross Fire and More (6 G)</b> AS3 Carrie Guyton 5:30pm - 6:30pm			
		<b>Grooves (6 G and Family Friendly)</b> AS1 Vicki Howard 5:55pm - 6:40pm	<b>Pump in the Pavilion</b> Pavilion Nikki Orlett 5:45pm - 6:45pm	<b>Grooves (6 G and Family Friendly)</b> AS1 Vicki Howard 5:55pm - 6:40pm			
<b>6pm</b>	<b>Cross Training</b> Cycle Room James Craig 6pm - 6:30pm	<b>Zumba (6 G and Family Friendly)</b> AS1 Shannon Robinson 6:45pm - 7:30pm	<b>Cross Training</b> Cycle Room James Craig 6pm - 6:30pm	<b>Zumba (6 G and Family Friendly)</b> AS1 Shannon Robinson 6:45pm - 7:30pm			
	<b>Cross Training</b> AS1 James Craig 6:30pm - 7pm		<b>Cross Training</b> AS1 James Craig 6:30pm - 7pm				
			<b>Hatha Yoga</b> Conference Room Cheryl Gillespie 6:30pm - 7:30pm				
<b>7pm</b>	<b>Kettlebell Dance Mix</b> AS1 Heather Reed 7:05pm - 8:05pm		<b>Strength Train Together</b> AS1 Heather Reed 7:05pm - 8:05pm				

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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.

**Barre Blend (6G and Family Friendly)** - This class fuses exercises from ballet, cardio training, Pilates and yoga into one class to challenge and tone the entire body. Children 7 and up may attend. Parent is required for ages 7 - 10 year old children.

**Chair (Silver Sneakers) Yoga** - This beneficial and gentle yoga class is designed to enhance mobility and flexibility, balance and confidence. Utilizes modified yoga poses, seated or standing, using a chair for support to strengthen the body. Shoe friendly.

**Cross Fire and More (6 G)** - A complete workout with boot camp style exercises with the multi-function of TRX training stations and other equipment. Intermediate - Advanced Children 11 years & older may attend. Parent's attendance in the room may be required.

**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.

**Dance Fusion (6 G and Family Friendly)** - Fun dance workout that fuses a variety of dance styles including Bolly, hip hop, and Latin into easy to follow steps. Children 7 and up may attend. Children 7 - 10 must be accompanied by an adult.

**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.

**Gentle Yoga** - Introduces those new to yoga to confidently begin a yoga practice. Focuses on the foundation poses of yoga. Modifications are demonstrated. Designed for participants who are able to get up and down from the floor. No yoga experience necessary.

**Grooves (6 G and 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 - 10 may attend but 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.

**Morning Mashup** - This class is a mixture of step, kettle bells, kickboxing and toning.

**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.

**Pump in the Pavillion** - An outdoor hour of fun, total body, heart pumping strength and cardio workout. Bring plenty of water and cooling towels for those hot summer days. If the weather does not cooperate, class will meet on the 2nd floor for an indoor cardio workout.

**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.

**Strength Train Together** - Strength Train Together maximizes your workout results with 60 minutes of strength training using an adjustable barbell, weights, and body weight.

**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.



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**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.

**Vinyasa with Valerie** - Incorporates numerous seated, standing, and supine yoga poses, transitioning movements together to work all parts of the body. Enhanced yoga poses flow between movements. Designed for those familiar with the foundation yoga poses.

**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.

**Zumba (6 G and Family Friendly)** - Combine high energy and motivating Latin and international music with unique moves that are easy and fun. Children 7 -10 may attend but must be accompanied by an adult.