



Free Group Exercise Classes
 Marion Family YMCA
 August 12th - August 20th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
9am	Gentle Yoga Witte Wellness Addition Valerie Wigton 9:30am - 10:30am	Chair (Silver Sneakers) Yoga South Gym Valerie Wigton 9:30am - 10:30am	Cycle Circuit Pavilion Heather Wright 9:15am - 10:15am	Chair (Silver Sneakers) Yoga South Gym Valerie Wigton 9:30am - 10:30am	Cycle Circuit Pavilion Heather Wright 9:15am - 10:15am		
			Gentle Yoga Witte Wellness Addition Valerie Wigton 9:30am - 10:30am		Drums Alive North Gym JoAnn Radwin-Zimmerman 9:30am - 10:30am		
10am		Barre Blend South Gym Cassie McDaniel 10am - 10:45am		Barre Blend South Gym Cassie McDaniel 10am - 10:45am			
11am		Vinyasa with Valerie South Gym Valerie Wigton 11am - 12pm		Vinyasa with Valerie South Gym Valerie Wigton 11am - 12pm			
		Cycle to Tone Witte Wellness Addition Becky Drouhard 11:45am - 12:30pm		Cycle to Tone Witte Wellness Addition Becky Drouhard 11:45am - 12:30pm			
5pm			Pump in the Pavillion Pavilion Nikki Orlett 5:45pm - 6:45pm				

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

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.

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 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.

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.

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.

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.