



Free Group Exercise Classes  
 Marion Family YMCA  
 November 1st - November 30th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<b>AM Cycle</b> Cycle Room John Wiseman 5:10am - 5:55am	<b>Cardio Kickboxing</b> AS3 Audrey Haycook 5:05am - 5:50am	<b>AM Cycle</b> Cycle Room John Wiseman 5:10am - 5:55am	<b>Weight Gainz</b> AS1 Amanda Swartz 5:05am - 6:05am	<b>Morning Mashup</b> AS1 Audrey Haycook 5:05am - 5:50am		
		<b>Weight Gainz</b> AS1 Amanda Rhoades 5:05am - 5:50am		<b>AM Cycle</b> Cycle Room John Wiseman 5:10am - 5:55am			
		<b>AM Cycle</b> Cycle Room John Wiseman 5:10am - 5:55am					
6am	<b>Strength Train Together</b> AS1 Nikki Orlett 6am - 7am	<b>Open Table Tennis</b> AS3 6:45am - 8:15am	<b>Open Table Tennis</b> AS3 6:45am - 8:15am	<b>Open Table Tennis</b> AS3 6:45am - 8:15am	<b>Strength Train Together</b> AS1 Nikki Orlett 6am - 7am		
	<b>Open Table Tennis</b> AS3 6:45am - 8:15am				<b>Open Table Tennis</b> AS3 6:45am - 8:15am		
7am		<b>Drums Alive</b> AS1 JoAnn Radwin-Zimmerman 7am - 8am		<b>Drums Alive</b> AS1 JoAnn Radwin-Zimmerman 7am - 8am			
8am	<b>Kickboxing &amp; More</b> AS3 Vicky Cerny 8:30am - 9:30am		<b>Kickboxing &amp; More</b> AS3 Vicky Cerny 8:30am - 9:30am			<b>Total TRX</b> AS3 Sara Craig 8am - 9am	
						<b>Strength Train Together</b> AS1 Heather Reed 8:35am - 9:35am	
9am	<b>Tabata Toning</b> AS1 Cheri Harrod 9am - 9:30am	<b>Total Strength</b> AS2 Heather Wright 9:15am - 10:15am	<b>Tabata Toning</b> AS1 Cheri Harrod 9am - 9:30am	<b>Total Strength</b> AS2 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> AS1 Valerie Wigton 9:30am - 10:30am	<b>Cycle Circuit</b> Cycle Room Heather Wright 9:15am - 10:15am	<b>Chair (Silver Sneakers) Yoga</b> AS1 Valerie Wigton 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		<b>Silver Sneakers Classic</b> AS3 April Morrison 9:30am - 10:30am		<b>Drums Alive</b> AS1 JoAnn Radwin-Zimmerman 9:30am - 10:30am		
	<b>Gentle Yoga</b> AS2 Kari Garner 9:30am - 10:45am		<b>Gentle Yoga</b> AS2 Kari Garner 9:30am - 10:45am				

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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<b>10am</b>		<b>Barre Blend</b> AS3 Cassie McDaniel 10am - 10:45am		<b>Barre Blend</b> AS3 Cassie McDaniel 10am - 10:45am	<b>Barre Blend</b> AS3 Stephanie Anderson 10:45am - 11:45am	<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			
<b>11am</b>	<b>Mixed Level Yoga</b> AS2 Kari Garner 11am - 12pm	<b>Vinyasa with Valerie</b> AS2 Valerie Wigton 11am - 12:15pm	<b>Mixed Level Yoga</b> AS2 Kari Garner 11am - 12pm	<b>Vinyasa with Valerie</b> AS2 Valerie Wigton 11am - 12:15pm			
		<b>Line Dance I</b> AS1 April Morrison 11:45am - 12:45pm		<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>Line Dancing II</b> AS1 April Morrison 11:45am - 12:45pm			
<b>4pm</b>	<b>Cycle to Fitt</b> Cycle Room Vickie Axline 4:30pm - 5pm	<b>Pump</b> AS1 Amanda Swartz 4:45pm - 5:45pm	<b>Cardio Kickboxing</b> AS3 Angie Lowe 4:25pm - 4:55pm	<b>Pump</b> AS1 Amanda Swartz 4:45pm - 5:45pm	<b>Total Body Tone on Friday</b> AS1 Amanda Swartz 4:45pm - 5:30pm		
	<b>Kettlebell AMPD</b> AS1 Angie Lowe 4:30pm - 5pm		<b>Cycle to Fitt</b> Cycle Room Vickie Axline 4:30pm - 5pm				
			<b>Strength Train Together</b> AS1 Emerald Smith 4:30pm - 5:30pm				
<b>5pm</b>	<b>Cycle to Fitt</b> AS2 Vickie Axline 5pm - 5:30pm	<b>Kickboxing &amp; More</b> AS3 Mandy Adams 5pm - 5:30pm	<b>Kettlebell Balance and Tone</b> AS3 Sarah Booker 5pm - 5:30pm	<b>Vinyasa Yoga</b> AS2 Jim Wellhausen 5:15pm - 6:15pm	<b>Zumba</b> AS1 Crystle Siegel 5:45pm - 6:45pm		
	<b>Cycle to Strength</b> Cycle Room Michelle Ferguson 5:30pm - 6:30pm	<b>Vinyasa Yoga</b> AS2 Jim Wellhausen 5:15pm - 6:15pm	<b>Cycle to Fitt</b> AS2 Vickie Axline 5pm - 5:30pm	<b>Cross Fire and More (6 G)</b> AS3 Carrie Guyton 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>Grooves (6 G and Family Friendly)</b> AS1 Vicki Howard 5:55pm - 6:40pm			

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	MON	TUE	WED	THU	FRI	SAT	SUN
		<b>Grooves (6 G and Family Friendly)</b> AS1 Vicki Howard 5:55pm - 6:40pm	<b>Dance Fusion (6 G and Family Friendly)</b> AS1 Angela Snow 5:30pm - 6:15pm				
<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>Pound</b> AS3 Jennifer English 6pm - 7pm		<b>Cross Training</b> AS1 James Craig 6:30pm - 7pm	<b>Pound</b> AS3 Jennifer English 6:45pm - 7:45pm			
	<b>Cross Training</b> AS1 James Craig 6:30pm - 7pm		<b>Hatha Yoga</b> AS2 Cheryl Gillespie 6:30pm - 7:30pm				
<b>7pm</b>	<b>Kickboxing &amp; More</b> AS3 Wendy Stoner 7:45pm - 8:45pm		<b>Strength Train Together</b> AS1 Nikki Orlett 7:05pm - 8:05pm				
			<b>Kickboxing</b> AS3 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.

**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.

**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.

**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 Balance and Tone** - A mix of toning and kettlebell moves, paired with balance aesthetics. Participants will work on building muscle and strengthening balance all at the same time.

**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.

**Mixed Level Yoga** - Deeply explores the foundation yoga poses and three-part yoga breathing to hold poses through several breaths. Designed for those renewing a yoga practice or want to build upon Gentle Yoga.

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

**Open Table Tennis** - Table tennis, also known as ping-pong, is a sport in which two or four players hit a lightweight ball back and forth across a table using small rackets. The game takes place on a hard table divided by a net. Fun game for all ages.

**Pound** - Channel your inner rockstar with this full body cardio-jam session inspired by the infectious, energizing fun of playing the drums. You become the music in this workout that combines cardio, conditioning, strength training, yoga and pilates moves.

**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.



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**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.

**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.

**Total Body Tone on Friday** - Quick 45 minute total body toning workout. In 45 minutes you will start with a light warm up, then move into a full body strength/resistance workout and a nice stretch at the end.

**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** - 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 (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.