



## Special Schedule for Christmas Week Free Group

### Exercise Classes

Marion Family YMCA

December 21st - December 27th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am				<b>Weight Gainz</b> AS1 Amanda Swartz 5:05am - 5:50am	<b>Daybreak Cycle</b> Cycle Room Nikki Orlett 5:05am - 5:50am		
6am	<b>Strength Train Together</b> AS1 Nikki Orlett 6am - 7am			<b>Fit in a Flash</b> AS1 Jen McCleese 6am - 6:45am	<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		
7am						<b>Step Aerobics</b> AS1 Jen McCleese 7:30am - 8:30am	
8am						<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>Silver Sneakers Classic</b> AS3 April Morrison 9:35am - 10:35am		
	<b>Gentle Yoga</b> AS2 Kari Garner 9:30am - 10:45am						
	<b>Silver Sneakers Classic</b> AS3 April Morrison 9:35am - 10:35am						
10am				<b>Silver Sneakers Circuit</b> AS1 April Morrison 10:45am - 11:30am		<b>Grooves (6 G and Family Friendly)</b> AS1 Vicki Howard 10am - 11am	
4pm	<b>Cycle to Fitt</b> Cycle Room Vickie Axline 4:30pm - 5pm			<b>Pump</b> AS1 Amanda Swartz 4:45pm - 5:45pm	<b>Total Body Tone on Friday</b> AS1 Amanda Swartz 4:45pm - 5:30pm		

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
5pm	<b>Cycle to Fitt</b> AS2 Vickie Axline 5pm - 5:30pm			<b>Grooves (6 G and Family Friendly)</b> AS1 Vicki Howard 5:55pm - 6:40pm	<b>Zumba</b> AS1 Crystle Siegel 5:45pm - 6:45pm		
	<b>Cycle to Strength</b> Cycle Room Michelle Ferguson 5:30pm - 6:30pm						
6pm	<b>Pound</b> AS3 Jennifer English 6pm - 7pm			<b>Zumba (6 G and Family Friendly)</b> AS1 Shannon Robinson 6:45pm - 7:30pm			
				<b>Pound</b> AS3 Jennifer English 6:45pm - 7:45pm			
7pm	<b>Kettlebell Dance Mix</b> AS1 Heather Reed 7:05pm - 8:05pm						
	<b>Kickboxing &amp; More</b> AS3 Wendy Stoner 7:45pm - 8:45pm						

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## Class Descriptions Marion Family YMCA

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**Cycle to Fitt** - 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.

**Daybreak Cycle** - Beginners to advanced cycle enthusiasts will benefit from this high energy work out on stationary bikes with various resistance training. A great way to start the day.

**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.

**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.

**Kickboxing & More** - Bring your own gloves to a class of 30 to 45 minutes of kickboxing, along with strength training and abs.

**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.

**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.

**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 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.

**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.