



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

THESE CLASSES ARE CANCELLED THE WEEK OF NOVEMBER 24 – 30
Updated 10/24/2019

MONDAY

TUESDAY

Drums Alive 7:00 – 8:00 am
Kickboxing and More 5:00 – 5:30 pm

WEDNESDAY

Kickboxing & More 8:30 – 9:30 am
Gentle Yoga 9:30 – 10:45 am
Mixed Level Yoga 11:00 – 12:00 pm
Cardio Kickboxing 4:25 – 4:55 pm
Kettlebell Balance and Tone 5:00 – 5:30 pm
Strength Train Together 7:05 – 8:05 pm

THURSDAY

THANKSGIVING DAY – Y IS CLOSED

FRIDAY

Strength Train Together 6:00 – 7:00 am
Cycle Circuit 9:15 – 10:15
Drums Alive 9:30 – 10:30 am
Barre Blend 10:45 – 11:45 am
Total Body Tone 4:45 – 5:45 pm

SATURDAY

Strength Train Together 8:35 – 9:35 am

**MARION FAMILY YMCA
WOPAT YMCA CENTER
645 Barks Road East, Marion, OH 43302
P 740 725 9622 F 740 389 1287
WWW.MARIONYMCA.ORG**