



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MARION FAMILY YMCA AUGUST SCHEDULE

**Group Exercise Class schedule beginning August 1** (classes, days & times are subject to change)  
**Free for members, but advanced registration required. See backside for instructions on making reservations.**

**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.

**Amanda Rhoades T/TH 5:15-6:00am** (live and virtual)

**Strength Train Together** – This class maximizes your workout results with choreographed routines for all an all body workout. This class uses barbells, dumbbells, and bodyweight.

**Nikki Orlett W/F 5:15-6:00am** (live only)

**Mixed Level Yoga** – This class deeply explores the foundation yoga poses and three-part yoga breathing to hold poses through several breaths. This class is designed for those renewing a yoga practice or who want to build upon their yoga.

**Valerie Wigton T/TH 9:15-10:00am** (live and virtual)

**Silver Sneakers Yoga** – This is a low impact yoga and stretching class that is all from the chair. This class is appropriate for absolute beginners.

**Valerie Wigton T/TH 8:15-9:00am** (live and Virtual)

**Silver Sneakers Classic** – Move to the music through exercises designed to increase strength, range of motion and activity for daily living. Hand weights, elastic tubing with handles and a ball are offered for resistance and a chair for seated and standing support.

**April Morrison M/W/F 9:15-10:00am** (Virtual and live)

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

**Cassie McDaniel T/TH 10:15-11:00am** (live and virtual)

**Stephanie Anderson F 8:15-9:00am** (live and virtual)

**Pump** – This is a 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.

**Amanda Swartz T/TH 5:00-5:45pm** (live and virtual)

**Grooves** – Get your heart pumping in this full out dance class. Latin, hip hop and pop music inspire you to shake it and burn calories.

**Vicky Howard T/TH 6:00-6:45pm and sat. 10:15-11:00am** (live only)

**Step and Kettlebell** – This class combines moderate to intense step combinations that help burn calories along with a mix of toning kettlebell moves.

**Angie Lowe M/W 4:00-4:45pm** (live only)

**Vinyasa Yoga** – This yoga class combines a series of poses that will move you through the power of inhaling and exhaling.

**Jeannie Brewer M/W 6:00-6:45pm** (live and virtual)

**Roxanne Oliver T 6:00-6:45pm Outdoor Pavillion** (live only)

**Zumba** – Combine high energy and motivating Latin and pop music with unique moves that are easy and fun.

**Shannon Robinson T/TH 7:00-7:45pm** (live Only) **ends August 13**

**Crystle Siegel Sat. 9:15-10:00am Outdoor back parking lot area** (live only) Begins Aug. 8. No class Aug. 15

**Shannon Robinson Sat. 8:15-9:00am Outdoor back parking lot area** (live only) Starts August 22

**Kettlebell dance mix** – Torch fat, sculpt lean muscle and crush calories with this high intensity workout that mixes dance-based cardio with strength training.

**Heather Reed M 7:00-7:45pm** (live only)

**Strength Train Together** – This class maximizes your workout results with choreographed routines for all an all body workout. This class uses barbells, dumbbells, and bodyweight.

**Heather Reed W 7:00-7:45pm** (live only)

**Strength train together** – This class maximizes your workout results with choreographed routines for all an all body workout. This class uses barbells, dumbbells, and bodyweight.

**Heather Reed SAT 8:15-9:00am** (live only)

**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.

**Jennifer English – M/W 5:00-5:45pm** (live only)

**Hustle, Muscle and Flow** – A mix of strength training, cardio and yoga to help tone, build strength and endurance. Each class will be a different combination of each. We will utilize body weight, resistance bands, hand weights (if you have them) and the resources around us. Bring your own mat, water and hand weights. We will meet at the pavilion behind the YMCA. Class will cancel automatically for inclement weather.

**Jenn Daly – Sat. 9:15-10:00am** (live only)

#### **Outdoor Bootcamp**

Take your workout outdoors for the summer and get a boost of sunshine and burn some calories. This class is a mix of cardio and bodyweight exercises along with toning and ab work. Bring your own mat, water and hand weights and meet at the pavilion behind the YMCA. Class is automatically cancelled for inclement weather.

**Heather Wright – T/TH 9:15-10:00am** (live only)

**James Craig – M/W 6:00-6:45pm** (live only)

To make a reservation (must be a current Y member to schedule an appointment)

- Go to <https://groupexpro.com/schedule/873/?view=responsive>
- Find the Open Gym or Pickleball time you would like to attend. There's a drop-down menu at the top if you want to see just Open Gym or Pickleball times.
- Each reservation is 45 minutes. If you want to play pickleball or enjoy open gym for more than 45 minutes, you must register for back to back times.
- Please limit your reservation to just two back to back times.
- Click "Sign Up".
- Your first time using the system you'll need to create a login: click "Create a Login", enter full name, email, password, confirm password and then click "Register".
- When you're a returning user, enter login information (email and password) and click login.
- Click "Reserve a Spot".
- You can sign up one week in advance.

Or, you can call the Y at 740-725-9622 and our Member Service Representative can make a reservation for you.