



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MARION FAMILY YMCA SEPTEMBER SCHEDULE

Group Exercise Class schedule beginning September 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 AS1 (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 AS1(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 AS2(live and virtual) **MOVED TO AS2**

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 AS2 (live and Virtual) **MOVED TO AS2**

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 AS1 (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 AS1 (live and virtual)

Stephanie Anderson F 8:15-9:00am AS1 (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 AS1 (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 AS1 (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 AS2 (live and virtual) **MOVED TO AS2**

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

Crystle Siegel Sat. 9:15-10:00am Outdoor back parking lot area (live only)

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

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 AS1(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 AS1 (live only)

Heather Reed SAT 8:15-9:00am AS1(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.

Bill Clem Tues 7:00-7:45pm AS1(live only) **Begins Sept. 15**

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 – T/TH 6:00-6:45pm AS3(live only) **CLASS DAYS, STUDIO AND TIME CHANGE**

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 Pavillion (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/W/TH 9:15-10:00am Pavillion (live only)

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

Cardio and Strength Blast 45

This class combines cardio and strength to keep your heart rate elevated to help burn fat and calories and boost your metabolism.

Domenick Marocco – Tues 6:00-6:45PM AS2 (Live only) **Begins Sept 8.**

Drums Alive

This class combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm.

April Morrison - M/W 11:15-12:00pm AS1 (live only)

Step

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.

Angie Lowe – M 5:00-5:30pm AS1 (live only) **Begins Sept 14**

Kettlebell

Heart pumping music and kettlebell moves. Each song targets and focuses on a main area to tone and sweat with this muscle ampd class.

Angie Lowe – M 4:15-4:45PM and W 5:00-5:30pm AS1 (live only)

Power Conditioning Kickboxing

A fight based program with the goals of improving athletic performance, cardiovascular endurance, speed, strength, agility, techniques and confidence. In this process you can learn lifelong fitness and movement skills.

Dwayne Whitt M 6:45-7:30pm and W 5:30-6:15pm AS3 (live only) **Bring your own gloves.**

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.**

Angie Lowe – W 4:15-4:45pm AS3 (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.