



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MARION FAMILY YMCA DECEMBER SCHEDULE

Group Exercise Class schedule beginning December 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

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 M 5:15-6:00am AS1

Heather Reed W 7:00-7:45pm AS1

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

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

Beginner Yoga – Learn the poses and explore the possibilities of yoga in this beginner class. Bring your own yoga mat.

Valerie Wigton T/TH 8:15-9:00am 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 9:15-10:00am AS1

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 AS3

Stephanie Anderson F 8:15-9:00am AS3 *Virtual only December*

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

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

Family Friendly 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. Ages 7 and up can attend with a parent or other adult. The adult and child must register separately.

Vicky Howard Sat. 10:15-11:00am AS1

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

Total Body Toning – Choreographed toning workout with little to no impact cardio.

Nikki Orlett W 5:15-6:00am AS1

Abs Blast and More – This class is an intense abdominal and toning workout aimed at developing core muscles and those difficult areas of the body.

Carrie Guyton Tuesday only for December 5:00-5:45PM

Y Circuit - This class incorporates cardio and strength training segments, increasing the overall intensity of the class. Focuses on all major muscle groups to improve muscular tone, endurance, strength, and cardiovascular fitness.

Heather Wright – T/TH 9:15-10:00am AS1

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 AS3

Cycle

No complicated choreography with easy to learn techniques. Have fun and burn some calories in this heart pumping class that is on indoor cycle bikes. Class can include some off bike cardio and toning.

James Craig – M/W 6:15-7:00pm Cycle Studio

Michelle Ferguson – M/W 5:15-6:00pm Cycle Studio

Heather Wright – M/W No Friday for December 9:15-10:00am Cycle Studio

Nikki Orlett – T 5:15-6:00pm Cycle Studio

Nikki Orlett – F 5:15-6:00am Cycle Studio

John Wiseman – T only for December 6:15-7:00am Cycle Studio

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

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

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 Monday only for December 5:30-6:15pm AS3 *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

Hatha Yoga

Hatha yoga uses foundational poses to help align, strengthen and promote flexibility in the body. Poses are held and flow to the next. All levels of yoga welcome.

Cheryl Gillespie – TH 6:45-7:30PM AS2

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

- Go to <https://groupexpro.com/schedule/873/?view=responsive>
- Find your class
- 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.