



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MARION FAMILY YMCA November 2021 SCHEDULE

Group Exercise Class schedule beginning November 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 F 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

Silver Sneakers Yoga – This beneficial and gentle yoga class is designed to enhance mobility and flexibility, balance and confidence. The class utilizes modified yoga poses, seated or standing, using a chair for support to strengthen the body. **Valerie Wigton T/TH 8:15-9:00am AS2**

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

Jeannie Brewer 6:00-6:45pm AS2

Family Friendly Zumba – Combine high energy and motivating Latin and pop music with unique moves that are easy and fun. Ages 7 and up can attend with a parent or other adult. The adult and child must register separately. **Shannon Robinson & Crystle Siegel TH 7:00-7:45pm AS1**

Silver Sneakers Classic –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 9:30-10:15am 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 9:15-10:00am AS3 and M 9:15-10:00am

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 –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 M 5:15-6:00am AS1

Drums Alive - Choreographed workout using the ball and drumsticks set to music.

April Morrison T/TH 11:15-12:00pm AS1

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**

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.

**Michelle Ferguson – M/W 5:15-6:00pm Cycle Studio
Heather Wright – M/W 9:15-10:00am Cycle Studio
Domenick Marocco – Tues 6:00-6:45PM Cycle Studio**

Group Ride

This class is a thrilling cardio workout inspired by outdoor cycling. It's a great way to improve cardio fitness, burn calories, shape and strengthening your lower body and have fun while doing it.

Nikki Orlett – W 5:15-6:00am Cycle Studio and Th 5:15-6:00pm (no class 10/15/21)

Step , Pound and Kettlebell

Get a great workout and enjoy the variety in this 45 minute class that could include step, pound or Kettlebell workouts.

Angie Lowe – M 4:30-5:15pm 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 M/W 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

TRX and More

This class combines TRX suspension training for building strength with body weight exercises and interval workouts of cardio, weights and more.

Jenn Daly SAT 9:15-10:00AM AS3 and TH 6:00-6:45PM

Enhanced Exercise for Active Older Adults

This 45 minute group exercise and falls prevention class helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. Class consists of warm-up, balance exercises, cardio, weights, leg exercises and cool down. **April Morrison T/TH 10:15-11:00am AS1**