



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

**MARION FAMILY YMCA JANUARY 2023 SCHEDULE**

**Group Exercise Class Schedule beginning January 1 (classes, days & times are subject to change)**

<b>CLASS NAME</b>	<b>DAY</b>	<b>TIME</b>	<b>ROOM</b>	<b>INSTRUCTOR</b>
BARRE BLEND	T/TH	10:15 - 11:00 A	AS3	Cassie McDaniel
BARRE BLEND	W	9:15 - 10:00 A	AS3	Steve Bentley
BARRE BLEND	S	9:15 - 10:00 A	AS1	Stephanie Anderson
CARDIO KICKBOXING	T/TH	8:00 - 9:00 A	AS3	Shannon Robinson
CYCLE	M/W/F	9:15 - 10:00A	Cycle Room	Heather Wright
CYCLE	M/W	5:15 - 6:00 P	Cycle Room	Michelle Ferguson
CYCLE & CORE	F	5:15 - 6:15 A	Cycle Room	Nikki Orlett
DRUMS ALIVE	1/12 & 1/26	10:30 -11:15 A	AS1	April Morrison
DRUMS FITNESS	M/W	6:00-6:45 P	AS1	Jennifer McCann
ENHANCE EXERCISE FOR AOA	T/TH	09:30 - 10:15	AS1	April Morrison
FAMILY FRIENDLY GROOVES	S	10:15 - 11:00 A	AS1	Vicki Howard
GROOVES	T/TH	6:00 - 6:45 P	AS1	Vicki Howard
GROUP CORE	T	6:00 - 6:45 A	AS1	Angie Cameron
GROUP RIDE	W	5:15 - 6:15 A	Cycle Room	Nikki Orlett
GROUP RIDE	T	5:15 P - 6:15 P	Cycle Room	Nikki Orlett
KETTLEBELL DANCE MIX	M	7:00 - 7:45 P	AS1	Heather Reed
LINE DANCING	1/5 & 1/19	10:30 - 11:15	AS1	April Morrison
MIXED LEVEL YOGA	T/TH	9:15 - 10:00 A	AS2	Steve Bentley / Joanne Pohlman
POWER CONDITIONING KICKBOXING	M/W	5:30 - 6:15 P	AS3	Dwayne Whitt
PUMP	T/TH	5:00 - 5:45 P	AS1	Amanda Swartz
SILVER SNEAKERS CLASSIC	M/W/F	9:30 - 10:15 A	AS1	April Morrison
SILVER SNEAKERS YOGA	T/TH	8:15 - 9:00 A	AS1	Steve Bentley / Joanne Pohlman

**MARION FAMILY YMCA  
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STRENGTH TRAIN TOGETHER	W	7:00-7:45 P	AS1	Heather Reed
STRENGTH TRAIN TOGETHER	S	8:15 - 9:00 A	AS1	Heather Reed
STRENGTH TRAIN TOGETHER	M	5:15 - 6:15 A	AS1	Nikki Orlett
TOTAL BODY TONING	F	9:15 - 10:00 A	AS3	Cassie McDaniel
TRX & MORE	TH	6:00 - 6:45P	AS3	Jenn Daly
TRX & MORE	S	9:15 - 10:00 A	AS3	Jenn Daly
TURN UP TUES/THUR DANCE CLASS	T/TH	7:00 - 7:45 P	AS1	Courtney Laffey
VINYASA YOGA	M/W	6:00 - 6:45 P	AS2	Jeannie Brewer
WEIGHT GAINZ	T/TH	5:15-6:00 A	AS1	Amanda Rhoades
Y CIRCUIT	T/TH	9:15 - 10:00 A	AS3	Heather Wright
Y NOT DRUM WITH AUTUMN	M/W	5:00 - 5:45 P	AS1	Autumn Stanley
ZUMBA	F	10:15 - 11:00 A	AS3	Crystal Siegel

## **DESCRIPTION OF CLASS:**

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

**Cardio Kickboxing** – This class provides a total body workout that targets cardiovascular and core strength. Bag and floor work included. **Please bring your own gloves.**

**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. The class can include some off-bike cardio and toning.

**Cycle & Core** – 30-minute cycle experience to improve your cardio experience followed by 30 minutes of shoulder to hip core work to enhance your movement health.

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

**Drums Fitness** – Get a full body workout and release stress in this cardio drumming class that is choreographed and set to music. This class combines drumsticks and an exercise ball to create a fun and upbeat workout that is appropriate for beginners, intermediate, and advanced fitness enthusiasts.

**Enhanced Exercise for the Active Older Adult** – 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.

**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.

**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.

**Group Core** - 45 minutes of shoulder to hip core work to enhance your movement health.

**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.

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

**Line Dancing** – Choreographed dance workout for any fitness level set to music.

**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.

**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 lean lifelong fitness and movement skills.

**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.

**Silver Sneakers Classic** – Hand weights, elastic tubing with handles and a ball are offered for resistance and a chair for seated and standing support.

**Silver Sneakers Yoga** – This beneficial and gentle yoga class is designed to enhance mobility and flexibility, balance and confidence. This class utilizes modified yoga poses, seated or standing, using a chair for support to strengthen the body.

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

**Total Body Toning** – This class focuses on total body wellness, strengthening both cardiovascular and muscular systems with various types of exercise and equipment.

**TRX & More** – This class combines TRX suspension training for building strength with bodyweight exercises and interval workouts of cardio, weights, and more.

**Turn Up Tuesday Dance Class** – Turn Up Dance Fitness is not just a dance fitness class – it's a fun and emerging twist to your fitness routine. There are modifications for every move so come Turn Up on Tuesdays with Courtney.

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

**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.

**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.

**Y Not Drum with Autumn** – Fun, fast-paced cardio drumming exercise to get your heart rate up and burn calories. Routines are choreographed to upbeat music but always includes accommodations for all fitness levels. This is a whole-body workout where no prior drumming experience is required.

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