



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

MARION FAMILY YMCA MARCH 2023 SCHEDULE					
Group Exercise Class Schedule beginning March 1 (classes, days & times are subject to change)					
CLASS NAME	DAY	TIME	ROOM	INSTRUCTOR	STATUS
2023 CYCLE, STRENGTH, TOTAL BODY TONING	T	6:00 - 6:45 P	Family Wellness	Dominick Morroco	NEW
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	3/9 & 3/23	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	
KETTLEBELL DANCE MIX	M	7:00 - 7:45 P	AS1	Heather Reed	
LINE DANCING	3/2 & 3/16	10:30 - 11:15	AS1	April Morrison	
MIXED LEVEL YOGA	T/TH	9:15 - 10:00 A	AS2	Steve Bentley / Joanne Pohlman	
MOSSA GROUP CORE	M	6:15 - 6:45 A	AS1	Angie Cameron	DAY & TIME CHANGE
MOSSA GROUP RIDE	W	5:15 - 6:15 A	Cycle Room	Nikki Orlett	
MOSSA GROUP RIDE	T	5:15 P - 6:15 P	Cycle Room	Nikki Orlett	
MOSSA STRENGTH TRAIN TOGETHER	W	7:00-7:45 P	AS1	Heather Reed	
MOSSA STRENGTH TRAIN TOGETHER	S	8:15 - 9:00 A	AS1	Heather Reed	
MOSSA STRENGTH TRAIN TOGETHER	M	5:15 - 6:15 A	AS1	Nikki Orlett	
POWER CONDITIONING KICKBOXING	M/W	5:30 - 6:15 P	AS3	Dwayne Whitt	
PUMP	T/TH	5:00 - 5:45 P	AS1	Amanda Swartz	

**MARION FAMILY YMCA
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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	
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:

2023 Cycle, Strength, Total Body Toning – In this ever changing 45-minute class, there will be a mix of cycling, strength, and total body toning. All fitness levels are welcome, but be ready to sweat and feel accomplished. Class will start in the Family Wellness.

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.

MOSSA Group Core - 30 minutes of shoulder to hip core work to enhance your movement health.

MOSSA 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 learn 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.

MOSSA 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.