



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

<b>MARION FAMILY YMCA November 2023 SCHEDULE</b>				
<b>Group Exercise Class Schedule beginning November 1 (classes, days &amp; times are subject to change)</b>				
<b>CLASS NAME</b>	<b>DAY</b>	<b>TIME</b>	<b>ROOM</b>	<b>INSTRUCTOR</b>
A.M. HIIT	T/TH	5:15 - 6:00 A	AS1	Amanda Rhoades
ANYTHING GOES	TH	6:00 - 6:45P	AS3	Jenn Daly
ANYTHING GOES	S	9:15 - 10:00 A	AS3	Jenn Daly
BARRE BLEND	T/TH	10:15 - 11:00 A	AS3	Cassie McDaniel
BARRE BLEND	W	9:15 - 10:00 A	AS3	Steve Bentley
BEGINNING YOGA	TH	6:30 P - 7:15 P	AS2	Nicole Brown
BEGINNING YOGA	S	9:00 A - 9:45 A	AS2	Nicole Brown
CARDIO KICKBOXING	T/TH	8:00 - 9:00 A	AS3	Shannon Robinson
CORE 'N MORE	M	6:15 - 7:00 A	AS1	Nikki Orlett
CYCLE	M/W/F	9:15 - 10:00A	Cycle Room	Heather Wright
CYCLE	M/W	5:15 - 6:00 P	Cycle Room	Michelle Ferguson
DARK YOGA	T/TH	9:15 - 10:00 A	AS2	Steve Bentley / Joanne Pohlman
DRUMS ALIVE	F	10:30 -11:15 A	AS1	April Morrison
DRUMS FITNESS	M/W	6:00-6:45 P	AS1	Jennifer McCann
GROOVES	T/TH	6:00 - 6:45 P	AS1	Vicki Howard
GROUP CORE	W	6:15 - 7:00 A	AS1	Angie Cameron
MOSSA GROUP RIDE	W	5:15 - 6:15 A	Cycle Room	Nikki Orlett
MOSSA STRENGTH TRAIN TOGETHER	S	8:15 - 9:00 A	AS1	Nikki Orlett/Jenn Daly
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
SILVER SNEAKERS CIRCUIT	T/TH	9:30 - 10:15	AS1	Lori Dennis
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
TOTAL BODY TONING	F	9:15 - 10:00 A	AS3	Cassie McDaniel
TURN UP THUR DANCE CLASS	TH	7:00 - 7:45 P	AS1	Courtney Laffey
VINYASA YOGA	M/W	6:00 - 6:45 P	AS2	Jeannie Brewer
Y CIRCUIT	T/TH	9:15 - 10:00 A	AS3	Heather Wright
ZUMBA	M	9:30 - 10:15 A	AS3	Crystle Siegel

**MARION FAMILY YMCA  
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## **DESCRIPTION OF CLASS:**

**A.M. HIIT** – This class provides a total body workout with bursts of strength and cardio exercises to build muscle and endurance. All exercises can be modified to fit your level of fitness from beginner to advanced. This class uses free weights and bodyweight for most exercises.

**Anything Goes** – This class combines strength training & cardio. Each class will be different & use a variety of equipment. For example, it may be HIIT, TRX, Tabata, a circuit, weights & the track.

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

**Beginning Yoga** – Learn the basics of yoga using postures and stretches in combination of the breath to develop flexibility and relaxation.

**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.**

**Core `n More** – Core training is the foundation of all human movement. This class will improve functional strength for the daily activities while using activities that will tighten, tone and focus on the core. We will use body weight, hand weights, exercise balls & bands.

**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.

**Dark 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.

**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.

**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.

**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 Circuit** – Silver Sneakers Circuit focuses on the benefits of a circuit-interval format to improve cardiovascular endurance, and muscular strength and endurance. While designed for those who have demonstrated a consistent level of skill for agility, balance and coordination.

**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.

**Turn Up Thursday 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.

**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.

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