



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MARION FAMILY YMCA THANKSGIVING WEEK NOV 20 - 25, 2023 SCHEDULE				
Group Exercise Class Schedule (classes, days & times are subject to change)				
CLASS NAME	DAY	TIME	ROOM	INSTRUCTOR
A.M. HIIT	T	5:15 - 6:00 A	AS1	Amanda Rhoades
BARRE BLEND	T	10:15 - 11:00 A	AS3	Cassie McDaniel
BARRE BLEND	W	9:15 - 10:00 A	AS3	Steve Bentley
BEGINNING YOGA	S	9:00 A - 9:45 A	AS2	Nicole Brown
CARDIO KICKBOXING	T	8:00 - 9:00 A	AS3	Shannon Robinson
CORE 'N MORE	M	6:15 - 7:00 A	AS1	Nikki Orlett
CYCLE	M	9:15 - 10:00A	Cycle Room	Heather Wright
CYCLE	M	5:15 - 6:00 P	Cycle Room	Michelle Ferguson
DARK YOGA	T	9:15 - 10:00 A	AS2	Steve Bentley / Jo-anne Pohlman
DRUMS FITNESS	M	6:00-6:45 P	AS1	Jennifer McCann
GROOVES	T	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	M	5:15 - 6:15 A	AS1	Nikki Orlett
POWER CONDITIONING KICKBOXING	M/W	5:30 - 6:15 P	AS3	Dwayne Whitt
PUMP	T	5:00 - 5:45 P	AS1	Amanda Swartz
SILVER SNEAKERS CIRCUIT	T	9:30 - 10:15	AS1	Lori Dennis
SILVER SNEAKERS CLASSIC	M W	9:30 - 10:15 A	AS1	April Morrison
SILVER SNEAKERS YOGA	T	8:15 - 9:00 A	AS1	Steve Bentley
VINYASA YOGA	M	6:00 - 6:45 P	AS2	Jeannie Brewer
Y CIRCUIT	T	9:15 - 10:00 A	AS3	Heather Wright
ZUMBA	M	9:30 - 10:15 A	AS3	Crystle Siegel