



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## GROUP EXERCISE CLASSES AT THE MARION FAMILY YMCA FOR NON-MEMBERS

Starting January 2, if you are **not a member at our Y**, you can purchase a punch card to attend the following classes.

These classes included for January

**AM Hitt T/TH 5:15-6:00am AS1** 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 body-weight for most exercises.

**Anything Goes AS3 Thurs. 6:00-6:45pm and Sat. 9:15-10:00am  
Family Friendly**

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.

**Beginning Yoga AS2 Sat. 9:00-9:45am**

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

**Cardio Kickboxing AS3 T/TH 8:00-9:00am Family Friendly**

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 Mon. AS1 6:15-7:00am**

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.

**Mix Level Yoga AS2 T/Th 9:15-10:00am**

This class deeply explores the foundation yoga poses and three-part yoga breathing to hold poses through several breaths in a low light setting with cues. This class is designed for those renewing a yoga practice or who want to build upon their yoga.

**Group Core Wed. AS1 6:15-7:00am**

45 minutes of shoulder to hip core work to enhance your movement health.

**Mossa Group Ride CYCLE ROOM Wed. 5:15-6:am**

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.

**Mossa Strength Train Together AS1 Sat. 8:15-9:00am and Mon. 5:15-6:00am**

This class maximizes your workout results with choreographed routines for all and all body workout. This class uses barbells, dumbbells, and bodyweight.



**Power Conditioning Kickboxing AS3 M/W 5:30-6:15pm Family Friendly**

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.

**Turn Up Dance class AS1 Thurs. 7:00-7:45pm Family Friendly**

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 AS2 M/W 6:00-6:45pm Family Friendly**

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

**Pump T/Th AS1 5:00 - 5:45pm**

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.

**Drum Fitness AS1 M/W 6:00-6:45pm Family Friendly**

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.

**Drums Alive AS1 Fri. 10:30-11:15am Family Friendly**

Choreographed workout using the ball and drumsticks set to music.

- **Must be 14 or older, unless indicated above as Family Friendly 7 years and up and attended with a parent**
- **Everyone must have a punch card**

**Group x class punch**

5 for \$40

10 for \$72

12 for \$80

24 for \$150

- After your last punch, if you decide to join the Y, your joiner fee will be waived.
- For updates on the classes, join the **Marion Family YMCA Group Exercise Facebook group.**
- Child Watch is available for \$3.00 a visit or 10 visits for \$25.00. Members can use Child Watch for Free

**MARION FAMILY YMCA  
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