



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

MARION FAMILY YMCA February 2024 SCHEDULE

Group Exercise Class Schedule beginning February 1, 2024 (classes, days & times are subject to change)

CLASS NAME	DAY	TIME	ROOM	INSTRUCTOR	STATUS
A.M. HIIT	T/TH	5:15 - 6:00 A	AS1	Amanda Rhoades	P
ANYTHING GOES	S	9:15 - 10:00 A	AS3	Jenn Daly	P, FF
ANYTHING GOES	TH	6:00 - 6:45P	AS3	Jenn Daly	P, FF
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	P
BEGINNING YOGA	S	10:30 - 11:15 A	AS2	Nicole Brown	P
BOOT CAMP	T	6:00 - 6:30 P	AS3	Nick Worden	NEW
BOOT CAMP	TH	5:00 - 5:30 P	AS3	Nick Worden	NEW
CARDIO KICKBOXING	T/TH	8:00 - 9:00 A	AS3	Shannon Robinson	P, FF
CYCLE	M/W/F	9:15 - 10:15A	Cycle Room	Heather Wright	
CYCLE & CORE	F	5:15 - 6:15 A	Cycle Room	Nikki Orlett	
CYCLE TO STRENGTH	M/W	5:15 - 6:00 P	Cycle Room	Michelle Ferguson	
DRUM FITNESS	M/W	6:00-6:45 P	AS1	Jennifer McCann	P, FF
DRUMS ALIVE	F	10:30 -11:15 A	AS1	April Morrison	P, FF
EXTREME BOOTCAMP	T	6:30 - 7:00 P	AS3	Nick Worden	NEW
EXTREME BOOTCAMP	TH	5:30 - 6:00 P	AS3	Nick Worden	NEW
GROOVES	T/TH	6:00 - 6:45 P	AS1	Vicki Howard	FF
GROUP CORE	W	6:15 - 7:00 A	AS1	Angie Cameron	P
KETTLEBELL DANCE MIX	M	7:00 - 7:45 P	AS1	Heather Reed	
MIXED LEVEL YOGA	T/TH	9:15 - 10:00 A	AS2	Steve Bentley / Lisa Ebert	P
MOSSA GROUP RIDE	W	5:15 - 6:15 A	Cycle Room	Nikki Orlett	P
MOSSA STRENGTH TRAIN TOGETHER	W	7:00 - 7:45 P	AS1	Heather Reed	NO CLASS 2/14
MOSSA STRENGTH TRAIN TOGETHER	S	8:15 - 9:00 A	AS1	Heather Reed	P
MOSSA STRENGTH TRAIN TOGETHER	M	5:15 - 6:15 A	AS1	Nikki Orlett	P

FF = FAMILY FRIENDLY

P = PUNCH CARD PASS

**MARION FAMILY YMCA
WOPAT YMCA CENTER
645 Barks Road East, Marion, OH 43302
P 740 725 9622 F 740 389 1287
WWW.MARIONYMCA.ORG**

POWER CONDITIONING KICKBOXING	M/W	5:30 - 6:15 P	AS3	Dwayne Whitt	P, FF
PUMP	T/TH	5:00 - 5:45 P	AS1	Mandi Swartz	P
SILVER SNEAKERS CIRCUIT	T/TH	9:30 - 10:15 A	AS1	Lori Dennis	2/27 & 2/29 ONLY
SILVER SNEAKERS CLASSIC	M	9:30 - 10:15 A	AS1	April Morrison	
SILVER SNEAKERS CLASSIC	W	9:30 - 10:15 A	AS1	April Morrison	Feb only
SILVER SNEAKERS CLASSIC	F	9:30 - 10:15 A	AS1	Beth Hoffman	
SILVER SNEAKERS YOGA	T/TH	8:15 - 9:00 A	AS1	Steve Bentley	
TAI CHI FOR ARTHRITIS	M/W	10:30 - 11:15 A	AS1	April Morrison	
TOTAL BODY TONING	F	9:15 - 10:00 A	AS3	Cassie McDaniel	
TURN UP THUR DANCE CLASS	T	7:00 - 7:45 P	AS1	Courtney Laffey	P, FF
VINYASA YOGA	M/W	6:00 - 7:00 P	AS2	Jeannie Brewer	P, FF
Y CIRCUIT	T/TH	9:15 - 10:00 A	AS3	Heather Wright	
ZUMBA	M	9:30 - 10:15 A	AS3	Crystle Siegel	

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