



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

MARION FAMILY YMCA MARCH 2024 SCHEDULE

Group Exercise Class Schedule beginning March 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	No class 3/5&7
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	
BOOT CAMP	TH	5:00 - 5:30 P	AS3	Nick Worden	
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	
EXTREME BOOTCAMP	TH	5:30 - 6:00 P	AS3	Nick Worden	
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
POWER CONDITIONING KICKBOXING	M/W	5:30 - 6:15 P	AS3	Dwayne Whitt	P, FF

FF = FAMILY FRIENDLY

P = PUNCH CARD PASS

**MARION FAMILY YMCA
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PUMP	T/TH	5:00 - 5:45 P	AS1	Mandi Swartz	P No class March 18-22
SILVER SNEAKERS CIRCUIT	T/TH	9:30 - 10:15 A	AS1	Lori Dennis	
SILVER SNEAKERS CLASSIC	M	9:30 - 10:15 A	AS1	April Morrison	
SILVER SNEAKERS CLASSIC	W	9:30 - 10:15 A	AS1	April Morrison	
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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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.

Boot Camp – Difficult exercise class for those who aren't afraid to sweat. Cardio and some strength training.

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.

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.

Extreme Bootcamp – Extreme conditioning for those with an elite athletic heart. Cardio and strength training.

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.

Mixed Level Yoga – This class deeply explores the foundation yoga poses in a variety of yoga styles. This class is designed for those renewing a yoga practice or who want to build upon their yoga.

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 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 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.

Tai Chi for Arthritis - Learn the slow, graceful exercise, which originated centuries ago as a martial art, which can improve balance, and reduce stress.

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.