



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

**\$\$R = COSTS EXTRA AND YOU HAVE TO REGISTER AT FRONT DESK!!!
FF = FAMILY FRIENDLY P = PUNCH CARD PASS**

MARION FAMILY YMCA August 2024 SCHEDULE

Group Exercise Class Schedule beginning August 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	Lisa Ebert	
BEAT BOXING FITNESS	T	7:00 - 7:45 P	AS1	Jenn McCann	p
BEAT BOXING FITNESS	S	10:30 - 11:30 A	AS1	Jenn McCann	P
BEGINNING YOGA	TH	6:30 - 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 - 10:15 A	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	Jenn McCann	P, FF
DRUMS ALIVE	F	10:30 - 11:15 A	AS1	LuAnn Wilkinson	P, FF
EXTREME BOOTCAMP	T	6:30 - 7:00 P	AS3	Nick Worden	
EXTREME BOOTCAMP	TH	5:30 - 6:00 P	AS3	Nick Worden	
FAMILY YOGA	S	12:00 - 12:30 P	AS2	Nicole Brown	\$\$R, FF August 10th only!
FOUNDATIONAL YOGA	SUN	2:00 - 3:00 P	AS2	Nicole Brown	P August 25th only!
GROOVES	T/TH	6:00 - 6:45 P	AS1	Vicki Howard	P, 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

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

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CLASS NAME	DAY	TIME	ROOM	INSTRUCTOR	STATUS
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	
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
POUND	T	7:00 - 7:45 P	AS3	Kristen Crotinger	P
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	
SILVER SNEAKERS CIRCUIT	T/TH	9:30 - 10:15 A	AS1	Lori Dennis	
SILVER SNEAKERS CLASSIC	M	9:30 - 10:15 A	AS1	LuAnn Wilkinson	
SILVER SNEAKERS CLASSIC	W	9:30 - 10:15 A	AS1	Beth Hoffman	
SILVER SNEAKERS CLASSIC	F	9:30 - 10:15 A	AS1	LuAnn Wilkinson	
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	LuAnn Wilkinson	
TOTAL BODY TONING	F	9:15 - 10:00 A	AS3	Cassie McDaniel	
TURN UP AND TONE	TH	7:00 - 7:30 P	AS1	Courtney Laffey	P
TURN UP THUR DANCE CLASS	TH	7:30 - 8:00 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	
Y KIDZ YOGA	T	6:30 - 7:00 P	AS2	Nicole Brown	\$\$R, FF
ZUMBA	M	9:30 - 10:15 A	AS3	Crystle Siegel	

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 body weight 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.

Beat Boxing Fitness – Beat Boxing Fitness is a non-stop fat-burning cardio class that combines punching, kicking, boxing style moves, and dance moves, along with choreographed weight routines from all of the hottest hits on the radio. No gloves are needed.

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 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.

Family Yoga – Great opportunity to bond while learning simple yoga poses and relaxation techniques. This class is open to all ages and family members, we will enjoy playful poses and games to keep everyone engaged. No yoga experience is needed! Offered the second Saturday of the month only. **(This class costs extra and you need to register at the front desk)**

Foundational Yoga – Learn the basics of yoga including breathwork, transitional poses, and tips for people new to yoga. Offered the fourth Sunday of the month only.

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 of yoga poses in a variety of yoga styles. This class is designed for those renewing a yoga practice or wanting 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.

Pound - Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up, and rockin' out! Come be a rock star with us!

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, and 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 body weights.

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 and Tone – This class incorporates the use of weights to focus on toning and targeting specific muscle groups with each song and dance.

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.

Y Kidz Yoga – offers a safe, inclusive, and dynamic environment for kids to explore their natural flexibility, develop physical strength, and build emotional resilience with mindful movement, games, breathwork, and visualization to promote overall well-being. **(This class costs extra and you need to register at the front desk)**

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