



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

MARION FAMILY YMCA JANUARY 2026 SCHEDULE - NO CLASSES 1/1/26

Group Exercise Class Schedule JANUARY 2026 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
		10:15 - 11:00 A			
BARRE BLEND	T/TH		AS3	Cassie McDaniel	
BARRE BLEND	W	9:15 - 10:00 A	AS3	Lisa Ebert	
BEAT BOXING FITNESS	T/TH	6:00 - 6:45 P	AS1	Jenn McCann	P
BEAT BOXING FITNESS	S 1/3 & 1/17	9:30 - 10:30 A	AS1	Jenn McCann	
BEGINNING YOGA	S	10:30 - 11:15 A	AS2	Nicole Brown	P
BOOT CAMP	T	6:00 - 6:30 P	AS3	Nick Worden	No class 1/6
BOOT CAMP	TH	5:00 - 5:30 P	AS3	Nick Worden	No class 1/8
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	No class 1/2
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	
DAARTTTS	M	5:45 - 6:45 A	AS3	Donny Crowder	
DAARTTTS	W	6:00 - 7:00 A	AS3	Donny Crowder	
DAARTTTS	F	6:00 - 7:00 A	AS3	Donny Crowder	
DRUM FITNESS	M	6:00 - 6:45 P	AS1	Jenn McCann	P, FF
DRUMS ALIVE	F	10:30 -11:15 A	AS1	LuAnn Wilkinson	P, FF No class 1/2
EXTREME BOOTCAMP	T	6:30 - 7:00 P	AS3	Nick Worden	No class 1/6
EXTREME BOOTCAMP	TH	5:30 - 6:00 P	AS3	Nick Worden	No class 1/8
KETTLEBELL DANCE MIX	M	7:00 - 7:45 P	AS1	Heather Reed	
LA BLAST DANCE CLASS	T	5:00 - 5:45 P	AS3	Sarah Stalter	
LA BLAST DANCE CLASS	M	9:00 - 9:45 A	AS3	Sarah Stalter	
MIXED LEVEL YOGA	T/TH	9:15 - 10:00 A	AS2	Steve Bentley / Lisa Ebert	P

\$\$R = COSTS EXTRA AND YOU HAVE TO REGISTER AT FRONT DESK!!!

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

CLASS NAME	DAY	TIME	ROOM	INSTRUCTOR	STATUS
MOSSA GROUP CORE	W	6:15 - 7:00 A	AS1	Angie Cameron	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	
MOSSA STRENGTH TRAIN TOGETHER	S	8:15 - 9:00 A	AS1	Heather Reed	
MOSSA STRENGTH TRAIN TOGETHER	M	5:15 - 6:15 A	AS1	Nikki Orlett	P
POUND	1/15	10:15 - 11:00 A	AS2	Kristen Crotinger	P only 1 time in Jan
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	
SENIOR STRETCH	T/TH	8:15 - 9:00 A	AS1	Steve Bentley	
SILVER SNEAKERS CIRCUIT	T	9:15 - 10:00 A	AS1	Becky Welch	
SILVER SNEAKERS CIRCUIT	TH	9:15 - 10:00 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	No class 1/2
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	No class 1/2
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	
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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 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 needed.

Beat Boxing Fitness 1st and 3rd Saturdays – check schedule for dates - Saturday's class is one-hour long, concentrating on 20 minutes body bands, 20 minutes arms, and 20 minutes abs/floor work

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.**

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.

Cycle to Strength – 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.

DAARTTS (Donny's Agility and Resistance Training Team Sports) Functional movements performed at a high intensity that will include aspects of weightlifting, body weight movements, and running/walking. The workouts will be scaled for the athlete's ability or level of fitness.

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.

Kettlebell Dance Mix – Torch fat, sculpt lean muscle and crush calories with this high intensity workout that mixes dance-based cardio with strength training.

Kick 'n Core – 30 minutes of kickboxing followed by 30 minutes of core work. Bring your own gloves.

La Blast Dance Class – dance fitness program based on all the ballroom dances you see on "Dancing with the Stars". It is partner – free, includes all components of fitness and uses a wide variety of music.

Mixed Level Yoga – This class deeply explores the foundation yoga poses in a variety of yoga styles. This class is designed for those renewing 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 strengthen your lower body and have fun while doing it.

MOSSA Strength Train Together – This class maximizes your workout results with choreographed routines for all and all body workouts. This class uses barbells, dumbbells, and bodyweight.

Pound – **1st and 3rd Thursday – Check schedule for dates** 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 Rockstar 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, cardio workout. Full body strength training workouts with bursts of cardio that will tone your body and build your endurance.

Senior Stretch – This beneficial and gentle stretch 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.

Silver Sneakers Circuit – Silver Sneakers Circuit focuses on the benefits of a circuit-interval format to improve cardiovascular endurance, 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.

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.

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.