FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MARION FAMILY YMCA DECEMBER 2026 SCHEDULE						
Group Exercise Class Schedule **DECEMBER 2026** classes, days & times are subject to change)						
CLASS NAME	**DAY**	**TIME**	**ROOM**	**INSTRUCTOR**	**STATUS**	**FITNESS RATING**
A.M. HIIT	T/TH	5:15 - 6:00 A	AS1	Amanda Rhoades	**P**	C/D
ANYTHING GOES	S	9:15 - 10:00 A	AS3	Jenn Daly	**P, FF**	B/C
BARRE BLEND	T/TH	10:15 - 11:00 A	AS3	Cassie McDaniel	**No class 12/24, 12/29 or 12/31**	B
BARRE BLEND	W	9:15 - 10:00 A	AS3	Lisa Ebert		B
BEAT BOXING FITNESS	T/TH	6:00 - 6:45 P	AS1	Jenn Maddy	**P No class 12/15**	B
CARDIO DRUMMING	M	6:00 - 6:45 P	AS1	Teri Gorenflo	**P, FF**	B/C
CARDIO KICKBOXING	T/TH	8:00 - 9:00 A	AS3	Shannon Robinson	**P, FF No class 12/24 & 12/31**	B/C
CYCLE & RUN	M/W/F	9:15 - 10:15 A	Cycle Room	Heather Wright	**No class 12/21, 12/23**	C/D
CYCLE TO STRENGTH	M/W	5:15 - 6:00 P	Cycle Room	Michelle Ferguson	**No class 12/28 & 12/30**	B/C
DAARTTTS	M/W/F	6:00 - 7:00 A	AS3	Donny Crowder		B
DRUMS ALIVE	F	10:30 -11:15 A	AS1	LuAnn Wilkinson	**P, FF**	A/B
EXTREME BOOTCAMP	T/TH	9:15 - 10:15 A	AS3	Heather Wright	**No class 12/22. 12/24, 12/31**	C/D
$$R = COSTS EXTRA AND YOU HAVE TO REGISTER AT FRONT DESK!!!						
FF = FAMILY FRIENDLY P = PUNCH CARD PASS						

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WWW.MARIONYMCA.ORG

CLASS NAME	DAY	TIME	ROOM	INSTRUCTOR	STATUS	FITNESS RATING
GROOVEFIT	W	6:00 - 6:45 P	AS1	Jenn Maddy	**P, FF**	B/C
KETTLEBELL DANCE MIX	M	7:00 - 7:45 P	AS1	Heather Reed	**No class 12/21 & 12/28**	B/C
KICK 'N CORE	F	5:15 - 6:15 A	AS3	Joy Myers		C/D
LA BLAST DANCE CLASS	M	9:00 - 9:45 A	AS3	Sarah Stalter		B
MIXED LEVEL YOGA	T	9:15 - 10:00 A	AS2	Steve Bentley / Lisa Ebert	**P**	B/C
MIXED LEVEL YOGA	TH	9:15 - 10:00 A	AS2	Kristen Crotinger	**P**	B/C
MOSSA GROUP RIDE	W	5:15 - 6:15 A	Cycle Room	Nikki Orlett	**P**	C
MOSSA STRENGTH TRAIN TOGETHER	W	7:00 - 7:45 P	AS1	Heather Reed	**No class 12/23 & 12/30**	C/D
MOSSA STRENGTH TRAIN TOGETHER	S	8:15 - 9:00 A	AS1	Heather Reed	**No class 12/26**	C/D
MOSSA STRENGTH TRAIN TOGETHER	M	5:15 - 6:15 A	AS1	Nikki Orlett	**P**	C/D
PILATES & MORE	M/W	8:00 - 8:45 A	AS3	Jenn Daly		B/C
POWER CONDITIONING KICKBOXING	M/W	5:30 - 6:15 P	AS3	Dwayne Whitt	**P, FF**	B/C
PUMP	T/TH	5:00 - 5:45 P	AS1	Mandi Swartz		B/C
PURPOSE OF STEPS	T/TH	7:00 - 8:00 P	AS1	D'Mishell Emmerson	**FF**	B/C
SENIOR STRETCH	T/TH	8:15 - 9:00 A	AS1	Steve Bentley	**No class 12/24 or 12/31**	A/B
SILVER SNEAKERS CIRCUIT	T	9:15 - 10:00 A	AS1	Becky Welch		B
SILVER SNEAKERS CIRCUIT	TH	9:15 - 10:00 A	AS1	Lori Dennis	**No class 12/24 or 12/31**	B
SILVER SNEAKERS CLASSIC	M & F	9:30 - 10:15 A	AS1	LuAnn Wilkinson		A/B
SILVER SNEAKERS CLASSIC	W	9:30 - 10:15 A	AS1	Beth Hoffman		A/B
TAI CHI FOR ARTHRITIS	M/W	10:30 - 11:15 A	AS1	LuAnn Wilkinson		A/B
TOTAL BODY TONING	F	9:15 - 10:00 A	AS3	Cassie McDaniel		B/C
VINYASA YOGA	M/W	6:00 - 7:00 P	AS2	Jeannie Brewer	**P, FF**	B/C
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FITNESS RATINGS:
A- ABSOLUTE BEGINNER (has never exercised or has not exercised recently, wants to start exercising again, low impact, new member)
B – BEGINNER TO INTERMEDIATE (has exercised some or exercises on a consistent basis, low to moderate impact)
C – CHALLENGING (exercises more than 3 days a week, moderate to high impact)
D – DIFFICULT (exercises almost every day, high impact)

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. **B/C**

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. **B/C**

Barre Blend – This class fuses exercises from ballet, cardio training, Pilates and yoga into one class to challenge and tone the entire body**. B**

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 the hottest hits on the radio. Step beatboxing and resistance band workouts. No gloves needed. **B**

Cardio Drumming – 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. **B/C**

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. B**

Cycle & Core – **odd months of the year – check schedule** - 30-minute cycle experience to improve your cardio experience followed by 30 minutes of shoulder to hip core work to enhance your movement health. **B/C**

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. **B/C**

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. **B/C**

Drums Alive – Choreographed workout using the ball and drumsticks set to music. **A/B**

Extreme Bootcamp – 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. **C/D**

Groovefit – "As inspired by 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. Some floor workouts along with some chair workouts with resistance bands. **B/C**

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

Kick 'n Core – Even months of the year – check schedule - 30 minutes of kickboxing followed by 30 minutes of core work. Bring your own gloves. **B/C**

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. **B/C**

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. **B/C**

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. **C**

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. **B/C**

Pilates & More - Strengthening body, mind, and movement. Core-centric mat workouts that target mobility and strength training along with wellness coaching. All fitness levels welcome!

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 lean lifelong fitness and movement skills. **C/D**

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. **C**

Purpose of Steps – choreographed line dance workout set to modern R&B and music appropriate for beginners to intermediate levels. **B/C**

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. **A**

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. **B**

Silver Sneakers Classic – Hand weights, elastic tubing with handles and a ball are offered for resistance and a chair for seated and standing support. **A/B**

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

Total Body Toning – This class focuses on total body wellness, strengthening both cardiovascular and muscular systems with various types of exercise and equipment. **B/C**

Vinyasa Yoga – This yoga class combines a series of poses that will move you through the power of inhaling and exhaling. **B/C**