



## Free Group Exercise Classes

Marion Family YMCA

March 1st - March 31st

645 Barks Rd E

Marion, OH 43302

(740) 725-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<b>Strength Train Together</b> AS1 Nikki Orlett 5:05am - 5:55am	<b>Weight Gainz AS1</b> Amanda Rhoades 5:05am - 5:50am	<b>Choreographed Strength Training AS1</b> Nikki Orlett 5:05am - 5:55am	<b>Weight Gainz AS1</b> Amanda Rhoades 5:05am - 5:50am	<b>AM Cycle</b> Cycle Room Nikki Orlett 5:05am - 5:55am		
	<b>AM Cycle</b> Cycle Room John Wiseman 5:10am - 5:55am	<b>Cardio Kickboxing AS3</b> Audrey Haycock 5:05am - 5:50am	<b>AM Cycle</b> Cycle Room John Wiseman 5:10am - 5:55am	<b>AM Cycle</b> Cycle Room John Wiseman 5:10am - 5:55am			
		<b>AM Cycle</b> Cycle Room John Wiseman 5:10am - 5:55am					
6am	<b>Open Table Tennis AS3</b> 6:45am - 8:15am	<b>Fit in a Flash AS1</b> Jen McCleese 6am - 6:45am	<b>Step Aerobics AS1</b> Jen McCleese 6am - 6:45am	<b>Fit in a Flash AS1</b> Jen McCleese 6am - 6:45am	<b>Open Table Tennis AS3</b> 6:45am - 8:15am		
		<b>Open Table Tennis AS3</b> 6:45am - 8:15am	<b>Open Table Tennis AS3</b> 6:45am - 8:15am	<b>Open Table Tennis AS3</b> 6:45am - 8:15am			
7am		<b>Drums Alive AS1</b> JoAnn Radwin-Zimmerman 7am - 8am		<b>Drums Alive AS1</b> JoAnn Radwin-Zimmerman 7am - 8am		<b>Step Aerobics AS1</b> Jen McCleese 7:30am - 8:30am	
8am	<b>Kickboxing &amp; More AS3</b> Vicky Cerny 8:30am - 9:30am		<b>Kickboxing &amp; More AS3</b> Vicky Cerny 8:30am - 9:30am			<b>Total TRX AS3</b> Sara Craig 8am - 9am	
						<b>Strength Train Together AS1</b> Heather Reed 8:35am - 9:35am	
9am	<b>Tabata Toning AS1</b> Cheri Harrod 9am - 9:30am	<b>Total Strength AS2</b> Heather Wright 9:15am - 10:15am	<b>Tabata Toning AS1</b> Cheri Harrod 9am - 9:30am	<b>Total Strength AS2</b> Heather Wright 9:15am - 10:15am	<b>Cycle Circuit</b> Cycle Room Heather Wright 9:15am - 10:15am		
	<b>Cycle Circuit</b> Cycle Room Heather Wright 9:15am - 10:15am	<b>Chair (Silver Sneakers) Yoga AS1</b> Valerie Wigton 9:30am - 10:30am	<b>Cycle Circuit</b> Cycle Room Heather Wright 9:15am - 10:15am	<b>Chair (Silver Sneakers) Yoga AS1</b> Valerie Wigton 9:30am - 10:30am	<b>Vinyasa Yoga AS2</b> Roxanne Oliver 9:30am - 10:15am		
	<b>Gentle Yoga AS2</b> Jim Wellhausen 9:30am - 10:30am		<b>Gentle Yoga AS2</b> Jim Wellhausen 9:30am - 10:30am		<b>Drums Alive AS1</b> JoAnn Radwin-Zimmerman 9:30am - 10:30am		
	<b>Silver Sneakers Classic AS3</b> April Morrison 9:35am - 10:35am		<b>Silver Sneakers Classic AS3</b> April Morrison 9:35am - 10:35am		<b>Silver Sneakers Classic AS3</b> April Morrison 9:35am - 10:35am		

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10am		<b>Barre Blend</b> AS3 Cassie McDaniel 10am - 10:45am		<b>Barre Blend</b> AS3 Cassie McDaniel 10am - 10:45am	<b>Barre Blend</b> AS3 Stephanie Anderson 10:45am - 11:45am	<b>Grooves (6 G and Family Friendly)</b> AS1 Vicki Howard 10am - 11am	
		<b>Silver Sneakers Circuit</b> AS1 April Morrison 10:45am - 11:30am		<b>Silver Sneakers Circuit</b> AS1 Judy Steed 10:45am - 11:30am			
11am	<b>Mixed Level Yoga</b> AS2 Jim Wellhausen 11am - 12pm	<b>Vinyasa with Valerie</b> AS2 Valerie Wigton 11am - 12:15pm	<b>Mixed Level Yoga</b> AS2 Jim Wellhausen 11am - 12pm	<b>Vinyasa with Valerie</b> AS2 Valerie Wigton 11am - 12:15pm		<b>Fit to Fight</b> AS3 Dwayne Whitt 11:30am - 12:30pm	
		<b>Cycle to Tone</b> Cycle Room Becky Drouhard 11:45am - 12:30pm		<b>Cycle to Tone</b> Cycle Room Becky Drouhard 11:45am - 12:30pm			
12pm		<b>Line Dance I</b> AS1 April Morrison 11:45am - 12:45pm					
				<b>Silver Sneakers Enerchi</b> AS1 April Morrison 12:40pm - 1:25pm			
4pm	<b>Kettlebell AMPD</b> AS1 Angie Lowe 4:30pm - 5pm	<b>Pump</b> AS1 Amanda Swartz 4:45pm - 5:45pm	<b>Cardio Kickboxing</b> AS3 Angie Lowe 4:25pm - 4:55pm	<b>Pump</b> AS1 Amanda Swartz 4:45pm - 5:45pm			
5pm	<b>Cardio Step</b> AS1 Angie Lowe 5:05pm - 5:35pm	<b>Kickboxing &amp; More</b> AS3 Mandy Adams 5pm - 5:30pm	<b>Kettlebell Balance and Tone</b> AS3 Sarah Booker 5pm - 5:30pm	<b>Vinyasa Yoga</b> AS2 Jeannie Brewer 5:15pm - 6:15pm			
	<b>Cycle to Strength</b> Cycle Room Michelle Ferguson 5:30pm - 6:30pm	<b>Vinyasa Yoga</b> AS2 Jeannie Brewer 5:15pm - 6:15pm	<b>Cycle to Strength</b> Cycle Room Michelle Ferguson 5:30pm - 6:30pm	<b>Cross Fire and More (6 G)</b> AS3 Carrie Guyton 5:30pm - 6:30pm			
	<b>Zumba</b> AS1 Crystle Siegel 5:40pm - 6:25pm	<b>Cross Fire and More (6 G)</b> AS3 Carrie Guyton 5:30pm - 6:30pm	<b>Dance Fusion (6 G and Family Friendly)</b> AS1 Angela Snow 5:30pm - 6:15pm	<b>Grooves (6 G and Family Friendly)</b> AS1 Vicki Howard 5:55pm - 6:40pm			
		<b>Grooves (6 G and Family Friendly)</b> AS1 Vicki Howard 5:55pm - 6:40pm	<b>Fit to Fight</b> AS3 Dwayne Whitt 5:45pm - 6:45pm				

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	MON	TUE	WED	THU	FRI	SAT	SUN
6pm	<b>Cross Training</b> Cycle Room James Craig 6pm - 6:30pm	<b>Zumba (6 G and Family Friendly)</b> AS1 Shannon Robinson 6:45pm - 7:30pm	<b>Cross Training</b> Cycle Room James Craig 6pm - 6:30pm	<b>Zumba (6 G and Family Friendly)</b> AS1 Shannon Robinson 6:45pm - 7:30pm			
	<b>Pound</b> AS3 Jennifer English 6pm - 7pm		<b>Hatha Yoga</b> AS2 Cheryl Gillespie 6:30pm - 7:30pm	<b>Pound</b> AS3 Jennifer English 6:45pm - 7:45pm			
	<b>Cross Training</b> AS1 James Craig 6:30pm - 7pm		<b>Cross Training</b> AS1 James Craig 6:30pm - 7pm				
7pm	<b>Kettlebell Dance Mix</b> AS1 Heather Reed 7:05pm - 8:05pm		<b>Strength Train Together</b> AS1 Heather Reed 7:05pm - 8:05pm				
	<b>Kickboxing &amp; More</b> AS3 Wendy Stoner 7:45pm - 8:45pm		<b>Kickboxing &amp; More</b> AS3 Wendy Stoner 7:45pm - 8:45pm				

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## Class Descriptions

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**AM Cycle** - Multi-level, user friendly, high energy work on the stationary bike including resistance training intervals off the bike. This high energy class is set to motivating music to take you to the next level.

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

**Cardio Kickboxing** - This class is a combination of cardio, kickboxing and is choreographed to music. It provides a total body workout which aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance.

**Cardio Step** - This is a mix of fast-paced aerobic step workouts that offer toning and aerobic exercise. Choreographed exercise for a great cardio fitness combined with toning and strengthening exercises for a total body conditioning class.

**Chair (Silver Sneakers) Yoga** - This beneficial and gentle yoga class is designed to enhance mobility and flexibility, balance and confidence. Utilizes modified yoga poses, seated or standing, using a chair for support to strengthen the body. Shoe friendly.

**Choreographed Strength Training** - A full body weight resistance workout with choreographed routines using any or all types of weighted resistance.

**Cross Fire and More (6 G)** - A complete workout with boot camp style exercises with the multi-function of TRX training stations and other equipment. Intermediate - Advanced Children 11 years & older may attend. Parent's attendance in the room may be required.

**Cross Training** - Cardio, Free Weights, Core Development, Cycle and more.

**Cycle Circuit** - Class is fun and upbeat! Indoor studio cycling combined with weight training, running and other cardiovascular activities to give you a total body workout!

**Cycle to Strength** - Burn calories and build stamina. Cycle on stationary bikes with strength training and toning segments.

**Cycle to Tone** - Stop in during your lunch break and get a quick workout. Segments of cycling, strength training, and abs work.

**Dance Fusion (6 G and Family Friendly)** - Fun dance workout that fuses a variety of dance styles including Bolly, hip hop, and Latin into easy to follow steps. Children 7 and up may attend. Children 7 - 10 must be accompanied by an adult.

**Drums Alive** - Drums Alive combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm.

**Fit in a Flash** - Combination of cardio and weight training focusing on upper body & abs. A fun class to get the day started.

**Fit to Fight** - Maximize your 60 minute workout and lean kickboxing techniques while increasing cardiovascular endurance and building strength and conditioning in this group fitness class.

**Gentle Yoga** - Introduces those new to yoga to confidently begin a yoga practice. Focuses on the foundation poses of yoga. Modifications are demonstrated. Designed for participants who are able to get up and down from the floor. No yoga experience necessary.

**Grooves (6 G and Family Friendly)** - Get your heart pumping in this full out dance class. Latin, Hip hop, and pop music inspire you to shake it & burn calories. Children 7 - 10 may attend but must be accompanied by their parent, and must stay in the classroom the entire time.

**Hatha Yoga** - Gentle, basic yoga with no flow between poses. This is a slow paced yoga class with breathing and relaxation techniques.

**Kettlebell AMPD** - Heart pumping music and kettlebell moves. Each song targets and focuses on a main area to tone and sweat with this muscle ampd class.

**Kettlebell Balance and Tone** - A mix of toning and kettlebell moves, paired with balance aesthetics. Participants will work on building muscle and strengthening balance all at the same time.

**Kettlebell Dance Mix** - Torch fat, sculpt lean muscle and crush calories with this high intensity workout that mixes dance-based cardio with strength training. This class combines elements of jazz dance, resistance training, and more to create a truly effective class.

**Kickboxing & More** - Bring your own gloves to a class of 30 to 45 minutes of kickboxing, along with strength training and abs.

**Line Dance I** - Learn to line dance to all types of music, promote your cardiovascular health, get a low intensity aerobic workout, and improve your memory.

**Mixed Level Yoga** - Deeply explores the foundation yoga poses and three-part yoga breathing to hold poses through several breaths. Designed for those renewing a yoga practice or want to build upon Gentle Yoga.

**Open Table Tennis** - Table tennis, also known as ping-pong, is a sport in which two or four players hit a lightweight ball back and forth across a table using small rackets. The game takes place on a hard table divided by a net. Fun game for all ages.

**Pound** - Channel your inner rockstar with this full body cardio-jam session inspired by the infectious, energizing fun of playing the drums. You become the music in this workout that combines cardio, conditioning, strength training, yoga and pilates moves.



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**Pump** - One hour of fun, 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** - Combine fun and fitness to increase your cardiovascular and muscular endurance with a standing workout. Upper body strength work using hand held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography.

**Silver Sneakers Classic** - Move to the music through exercises designed to increase strength, range of motion and activity for daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated/standing support.

**Silver Sneakers Enerchi** - This is a 12 week class incorporating tai chi and qigong principles to improve physical and mental well-being. In EnerChi you will learn the foundations of weight transfer and rhythmic movement along with awareness and focused breathing.

**Step Aerobics** - This class includes a brief warm-up followed by moderate to high intensity step combinations. Will improve heart and lung functions, burn calories, and improve coordination and agility. Some toning also included.

**Strength Train Together** - Strength Train Together maximizes your workout results with 60 minutes of strength training using an adjustable barbell, weights, and body weight.

**Tabata Toning** - Tabata is great for a quick workout if you're short on time, need to switch it up or improve endurance. Incorporate this workout into your fitness routine and produce results. Tabata is a 20 second workout and a 10 second break, repeated 4-10 rounds.

**Total Strength** - A variety of strength and cardio meant to challenge your stamina and endurance. This class fuses strength with cardio training to provide a full workout experience.

**Total TRX** - Challenge yourself with a full body TRX workout. Use TRX suspension to engage and build muscle and core strength. With cardio, strength conditioning you will experience a well rounded 60 minute workout. All fitness levels welcome.

**Vinyasa with Valerie** - Incorporates numerous seated, standing, and supine yoga poses, transitioning movements together to work all parts of the body. Enhanced yoga poses flow between movements. Designed for those familiar with the foundation yoga poses.

**Vinyasa Yoga** - Vinyasa yoga is a series of poses that will move you through the power of inhaling and exhaling.

**Weight Gainz** - A total-body pure strength muscle building class that is designed to deliver results in a high impact, fast paced, and upbeat way. It is for those who desire to get their muscles in shape, gain strength or just want to mix it up from week to week.

**Zumba** - Combine high energy and motivating Latin and international music with unique moves that are easy and fun. Ditch the workout, join the party! No dance experience required.

**Zumba (6 G and Family Friendly)** - Combine high energy and motivating Latin and international music with unique moves that are easy and fun. Children 7 -10 may attend but must be accompanied by an adult.