



FREE LAND GROUP EXERCISE CLASSES

Marion Family YMCA

December 1st - December 22nd

645 Barks Rd E
Marion, OH 43302
(740) 725-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	AM Cycle Cycle Room John Wiseman 5:10am - 6am	Weight Gainz AS1 Sarah Jo Peters 5:10am - 5:55am	AM Cycle Cycle Room John Wiseman 5:10am - 6am	Weight Gainz AS1 Sarah Jo Peters 5:10am - 5:55am			
		AM Cycle Cycle Room John Wiseman 5:10am - 6am		AM Cycle Cycle Room John Wiseman 5:10am - 6am			
6am	Daybreak Cycle Cycle Room Jen McCleese 6am - 6:45am	Fit in a Flash AS1 Jen McCleese 6am - 6:45am	Step Aerobics AS1 Jen McCleese 6am - 6:45am	Fit in a Flash AS1 Jen McCleese 6am - 6:45am	Weights, Cardio, and Core AS1 Amanda Swartz 6am - 6:45am		
7am		Drums Alive AS1 JoAnn Radwin-Zimmerman 7am - 7:45am		Drums Alive AS1 JoAnn Radwin-Zimmerman 7am - 7:45am		Step Aerobics AS1 Joan Steven 7:30am - 8:30am	
9am	Tabata Toning AS1 Cheri Harrod 9am - 9:30am	Total Strength AS1 Heather Wright 9:15am - 10:15am	Tabata Toning AS1 Cheri Harrod 9am - 9:30am	Total Strength AS1 Heather Wright 9:15am - 10:15am	Youthful Hearts AS1 Cheri Harrod 9am - 10am	Total TRX AS3 Sara Craig 9am - 10am	
	Cycle Circuit Cycle Room Heather Wright 9:15am - 10:15am	Beginner Yoga Conference Room Jeannie Brewer 9:45am - 10:45am	Cycle Circuit Cycle Room Heather Wright 9:15am - 10:15am	Beginner Yoga Conference Room Jeannie Brewer 9:45am - 10:45am	Cycle Circuit Cycle Room Heather Wright 9:15am - 10:15am		
	Kickboxing & More AS2 Vicky Cerny 9:30am - 10:30am	Silver Sneakers Yoga Meeting Room April Morrison 9:45am - 10:25am	Kickboxing & More AS2 Vicky Cerny 9:30am - 10:30am	Silver Sneakers Yoga Meeting Room April Morrison 9:45am - 10:25am	Tai Chi for Arthritis Meeting Room April Morrison 9:45am - 10:30am		
	Tai Chi for Arthritis Meeting Room April Morrison 9:45am - 10:30am						
10am	Vinyasa Yoga Conference Room Jeannie Brewer 10:30am - 11:30am	Barre Blend AS3 Cindy Jennings 10am - 10:45am	Vinyasa Yoga Conference Room Jeannie Brewer 10:30am - 11:30am	Barre Blend AS3 Cindy Jennings 10am - 10:45am	Life Balance Class AS1 Cheri Harrod 10:05am - 10:35am	Grooves AS1 Vicky Howard 10am - 11am	
	Silver Sneakers Classic AS1 April Morrison 10:45am - 11:30am	Silver Sneakers Circuit AS1 April Morrison 10:45am - 11:30am	Silver Sneakers Classic AS1 April Morrison 10:45am - 11:30am	Silver Sneakers Circuit AS1 April Morrison 10:45am - 11:30am	Cardio Fit AS1 April Morrison 10:45am - 11:30am		
11am	Line Dance I AS1 April Morrison 11:45am - 12:45pm	AM Yoga Conference Room Jeannie Brewer 11am - 12pm	Line Dancing II AS1 April Morrison 11:45am - 12:45pm	AM Yoga Conference Room Jeannie Brewer 11am - 12pm	Drums Alive AS1 April Morrison 11:45am - 12:45pm		
		Cycle to Tone Cycle Room Becky Drouhard 11:45am - 12:30pm		Cycle to Tone Cycle Room Becky Drouhard 11:45am - 12:30pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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		Arthritis Exercise AS1 April Morrison 11:45am - 12:30pm		Arthritis Exercise AS1 April Morrison 11:45am - 12:30pm			
12pm							Extreme Cardio AS1 Lance Shipley 12:15pm - 1:15pm
2pm							Sunday Cycle Cycle Room Sara Craig 2pm - 3pm
4pm	Cycle to Fitt Cycle Room Vickie Axline 4:30pm - 5:30pm	Weights, Cardio, and Core AS1 Cassie Roseberry 4:45pm - 5:45pm	Cycle to Fitt Cycle Room Vickie Axline 4:30pm - 5:30pm	Weights, Cardio, and Core AS1 Cassie Roseberry 4:45pm - 5:45pm			
5pm	Cycle to Strength Cycle Room Michelle Ferguson 5:30pm - 6:30pm	Cross Fire TRX & More AS3 Carrie Guyton 5:30pm - 6:30pm	TRX Bootcamp AS3 Lance Shipley 5pm - 5:45pm	Cross Fire TRX & More AS3 Carrie Guyton 5:30pm - 6:30pm			
		Grooves AS1 Vicky Howard 5:55pm - 6:40pm	Cycle to Strength Cycle Room Michelle Ferguson 5:30pm - 6:30pm	Grooves AS1 Vicky Howard 5:55pm - 6:40pm			
			Grooves AS1 Vicky Howard 5:30pm - 6:15pm				
6pm	Cross Training AS1 Vaughn Sizemore 6:20pm - 7:20pm	Total Body Blast AS2 Tori Fleming 6:30pm - 7:30pm	Cross Training AS1 Vaughn Sizemore 6:20pm - 7:20pm	Total Body Blast AS2 Tori Fleming 6:30pm - 7:30pm			
	Kickboxing AS2 Mandy Adams 6:30pm - 7:15pm	Zumba AS1 Shannon Robinson 6:45pm - 7:30pm	Hatha Yoga Conference Room Cheryl Gillespie 6:30pm - 7:30pm	Vinyasa Yoga Conference Room Laura Brown 6:30pm - 7:15pm			
	Beginner Cycle Cycle Room Gina Parker 6:45pm - 7:30pm	Move 2#Live AS3 Shannel Bracy 6:45pm - 7:45pm	Kickboxing AS2 Mandy Adams 6:30pm - 7:15pm	Zumba AS1 Shannon Robinson 6:45pm - 7:30pm			
			Beginner Cycle Cycle Room Gina Parker 6:45pm - 7:30pm	Move 2#Live AS3 Shannel Bracy 6:45pm - 7:45pm			
7pm	Kickboxing AS2 Wendy Stoner 7:45pm - 8:45pm	Barre Blend AS3 Stephanie Anderson 7:55pm - 8:40pm	Kickboxing AS2 Wendy Stoner 7:45pm - 8:45pm				

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Class Descriptions Marion Family YMCA

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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.

AM Yoga - Begin the day with a great start in this Vinyasa style yoga class that will invigorate your morning.

Arthritis Exercise - A low impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range-of-motion exercises that are suitable for every fitness level.

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

Beginner Cycle - A great way to introduce yourself to a Cycle class. Build your cardio endurance, while burning some calories in this beginner style class.

Beginner Yoga - This class is designed for anyone that has never tried yoga or needs a slower paced yoga class. Participants will learn the proper form and technique of standing and seated poses of the primary series. The use of blocks and straps are encouraged.

Cardio Fit - Silver Sneakers Cardio Fit is an aerobics class that's safe, heart-healthy and gentle on the joints. This workout includes easy to follow, low impact movement, upper body strength, abdominal conditioning, stretching and relaxation to energize.

Cross Fire TRX & More - A complete workout with boot camp style exercises with the multi-function of TRX training stations and other equipment. You'll work your entire body and challenge your core. Intermediate - Advanced

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 Fit - Cycle on the indoor bikes for 30 min. and then focus on your strength and cardiovascular endurance in this cross fit style 30 minute 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.

Daybreak Cycle - Beginners to advanced cycle enthusiasts will benefit from this high energy work out on stationary bikes with various resistance training. A great way to start the day.

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

Extreme Cardio - Total body intense conditioning class. The cardio and plyometric drills which include intervals of strength, power, resistance, and core training will definitely have you seeing insane results while pushing you to your limit. NOT for beginners.

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

Grooves - Get your heart pumping in this full out dance class. Latin, Hip hop, and pop music inspire you to shake it & burn calories.

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

Kickboxing - Burn calories while relieving stress. Work on strength and cardio system all at once in this high intensity workout. Class will use bags and gloves. Bring your own gloves.

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

Life Balance Class - Life balance class is a necessity for aging adults to function efficiently. This class will help you work to improve balance, stability and strength by a NETA certified Able Bodies instructor.

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.

Line Dancing II - In this class you should already be familiar with line dancing steps and have attended the Monday class for at least 8 weeks. This class will teach more complicated steps and rhythms while promoting your cardiovascular health.

Move 2#Live - This is a class to help and encourage individuals to lose weight by exercising their mind, body and soul.

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.



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Silver Sneakers Yoga - SilverSneakers® Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

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.

Sunday Cycle - 60 minutes of cycle class on indoor cycle bikes.

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.

Tai Chi for Arthritis - Tai chi helps improve balance, reduce stress and offer arthritis pain relief. It is especially helpful to those with osteoarthritis. Can be done from a seated or standing position. Taught by certified arthritis foundation instructors.

Total Body Blast - A mix of cardio and strength in an upbeat fun full body workout.

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.

TRX Bootcamp - A complete workout with the boot camp style exercises along with the multi-function of the TRX training system.

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.

Weights, Cardio, and Core - An hour of strength training mixed with cardio in this intermediate to advanced level class.

Youthful Hearts - A great class to get you moving and healthy. It's aim is to make you feel like a kid again while you burn calories and build health.

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.