



# FREE LAND GROUP EXERCISE CLASSES

Marion Family YMCA

December 31st - January 6th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am		<b>Weight Gainz</b> AS1 Sarah Jo Peters 5:10am - 5:55am		<b>Weight Gainz</b> AS1 Sarah Jo Peters 5:10am - 5:55am			
6am		<b>Fit in a Flash</b> AS1 Jen McCleese 6am - 6:45am	<b>Step Aerobics</b> AS1 Jen McCleese 6am - 6:45am	<b>Fit in a Flash</b> AS1 Jen McCleese 6am - 6:45am	<b>Weights, Cardio, and Core</b> AS1 Amanda Swartz 6am - 6:45am		
7am		<b>Drums Alive</b> AS1 JoAnn Radwin-Zimmerman 7am - 7:45am		<b>Drums Alive</b> AS1 JoAnn Radwin-Zimmerman 7am - 7:45am		<b>Step Aerobics</b> AS1 Joan Steven 7:30am - 8:30am	
9am		<b>Total Strength</b> AS1 Heather Wright 9:15am - 10:15am	<b>Cycle Circuit</b> Cycle Room Heather Wright 9:15am - 10:15am	<b>Total Strength</b> AS1 Heather Wright 9:15am - 10:15am	<b>Youthful Hearts</b> AS1 Cheri Harrod 9am - 10am	<b>Total TRX</b> AS3 Sara Craig 9am - 10am	
		<b>Beginner Yoga</b> AS1 Jeannie Brewer 9:45am - 10:45am	<b>Kickboxing &amp; More</b> AS2 Vicky Cerny 9:30am - 10:15am	<b>Beginner Yoga</b> AS1 Jeannie Brewer 9:45am - 10:45am	<b>Cycle Circuit</b> Cycle Room Heather Wright 9:15am - 10:15am		
					<b>Tai Chi for Arthritis</b> Meeting Room April Morrison 9:45am - 10:30am		
10am		<b>Barre Blend</b> AS3 Cindy Jennings 10am - 10:45am	<b>Vinyasa Yoga</b> Conference Room Jeannie Brewer 10:30am - 11:30am	<b>Barre Blend</b> AS3 Cindy Jennings 10am - 10:45am	<b>Life Balance Class</b> AS1 Cheri Harrod 10:05am - 10:35am	<b>Grooves</b> AS1 Vicky Howard 10am - 11am	
		<b>Silver Sneakers Circuit</b> AS1 April Morrison 10:45am - 11:30am	<b>Silver Sneakers Classic</b> AS1 April Morrison 10:45am - 11:30am	<b>Silver Sneakers Circuit</b> AS1 April Morrison 10:45am - 11:30am	<b>Cardio Fit</b> AS1 April Morrison 10:45am - 11:30am		
11am		<b>AM Yoga</b> AS1 Jeannie Brewer 11am - 12pm	<b>Line Dancing II</b> AS1 April Morrison 11:45am - 12:45pm	<b>AM Yoga</b> AS1 Jeannie Brewer 11am - 12pm	<b>Drums Alive</b> AS1 JoAnn Radwin-Zimmerman 11:45am - 12:45pm		
		<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			
		<b>Arthritis Exercise</b> AS1 April Morrison 11:45am - 12:30pm		<b>Arthritis Exercise</b> AS1 April Morrison 11:45am - 12:30pm			
4pm		<b>Weights, Cardio, and Core</b> AS1 Cassie Roseberry 4:45pm - 5:45pm	<b>Cycle to Fitt</b> Cycle Room Vickie Axline 4:30pm - 5:30pm				

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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	MON	TUE	WED	THU	FRI	SAT	SUN	
5pm		<b>Cross Fire TRX &amp; More</b> AS3 Carrie Guyton 5:30pm - 6:30pm	<b>TRX Bootcamp</b> AS3 Lance Shipley 5pm - 5:45pm	<b>Cross Fire TRX &amp; More</b> AS3 Carrie Guyton 5:30pm - 6:30pm				
		<b>Grooves</b> AS1 Vicky Howard 5:55pm - 6:40pm	<b>Bollyx</b> AS1 Angela Snow 5:30pm - 6:15pm	<b>Grooves</b> AS1 Vicky Howard 5:55pm - 6:40pm				
			<b>Cycle to Strength</b> Cycle Room Michelle Ferguson 5:30pm - 6:30pm					
6pm		<b>10-10-10</b> Cycle Room Angela Snow 6pm - 6:30pm	<b>Cross Training</b> AS1 Vaughn Sizemore 6:20pm - 7:20pm	<b>10-10-10</b> Cycle Room Angela Snow 6pm - 6:30pm				
		<b>Beginner Cycle</b> Cycle Room Angela Snow 6:30pm - 7pm	<b>Hatha Yoga</b> Conference Room Cheryl Gillespie 6:30pm - 7:30pm	<b>Vinyasa Yoga</b> Conference Room Laura Brown 6:30pm - 7:15pm				
		<b>Total Body Blast</b> AS2 Tori Fleming 6:30pm - 7:30pm	<b>Kickboxing</b> AS2 Mandy Adams 6:30pm - 7:15pm	<b>Beginner Cycle</b> Cycle Room Angela Snow 6:30pm - 7pm				
		<b>Zumba</b> AS1 Shannon Robinson 6:45pm - 7:30pm	<b>Beginner Cycle</b> Cycle Room Gina Parker 6:45pm - 7:30pm	<b>Total Body Blast</b> AS2 Tori Fleming 6:30pm - 7:30pm				
		<b>Move 2#Live</b> AS3 Shannel Bracy 6:45pm - 7:45pm		<b>Zumba</b> AS1 Shannon Robinson 6:45pm - 7:30pm				
				<b>Move 2#Live</b> AS3 Shannel Bracy 6:45pm - 7:45pm				
	7pm		<b>Barre Blend</b> AS3 Stephanie Anderson 7:55pm - 8:40pm	<b>Kickboxing</b> AS2 Wendy Stoner 7:45pm - 8:45pm				

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## Class Descriptions Marion Family YMCA

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**10-10-10** - Don't have time for 20-20-20? Try this class that focuses on Cardio for 10min, strength for 10min and Core for 10min.

**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.

**Bollyx** - Bollyx is a Bollywood-inspired dance-fitness program that combines dynamic choreography and intensive workouts with upbeat music.

**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.

**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.

**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 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.

**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.

**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.



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**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.