



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

<b>\$\$R = COSTS EXTRA AND YOU HAVE TO REGISTER AT FRONT DESK!!!</b>					
<b>FF = FAMILY FRIENDLY      P = PUNCH CARD PASS</b>					
<b>MARION FAMILY YMCA November 2024 SCHEDULE</b>					
<b>Group Exercise Class Schedule beginning November 1- 23, 2024 (classes, days &amp; times are subject to change)</b>					
<b>CLASS NAME</b>	<b>DAY</b>	<b>TIME</b>	<b>ROOM</b>	<b>INSTRUCTOR</b>	<b>STATUS</b>
A.M. HIIT	T/TH	5:15 - 6:00 A	AS1	Amanda Rhoades	<b>P</b>
ANYTHING GOES	S	9:15 - 10:00 A	AS3	Jenn Daly	<b>P, FF (no class 11/30)</b>
ANYTHING GOES	TH	6:00 - 6:45P	AS3	Jenn Daly	<b>P, FF</b>
BARRE BLEND	T/TH	10:15 - 11:00 A	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	<b>P</b>
BEGINNING YOGA	T/TH	7:45 - 8:45 P	AS2	Nicole Brown	<b>P</b>
BEGINNING YOGA	S	10:30 - 11:15 A	AS2	Nicole Brown	<b>P</b>
BOOT CAMP	T	6:00 - 6:30 P	AS3	Nick Worden	
BOOT CAMP	TH	5:00 - 5:30 P	AS3	Nick Worden	
CARDIO KICKBOXING	T/TH	8:00 - 9:00 A	AS3	Shannon Robinson	<b>P, FF</b>
CYCLE	M/W/F	9:15 - 10:15 A	Cycle Room	Heather Wright	<b>No class 11/27 &amp; 29</b>
CYCLE & CORE	F	5:15 - 6:15 A	Cycle Room	Nikki Orlett	<b>No class 11/29</b>
CYCLE TO STRENGTH	M/W	5:15 - 6:00 P	Cycle Room	Michelle Ferguson	
DRUM FITNESS	<b>M only</b>	6:00 - 6:45 P	AS1	Jenn McCann	<b>P, FF (Mondays only in November)</b>
DRUMS ALIVE	F	10:30 - 11:15 A	AS1	LuAnn Wilkinson	<b>P, FF (no class 11/29)</b>
EXTREME BOOTCAMP	T	6:30 - 7:00 P	AS3	Nick Worden	
EXTREME BOOTCAMP	TH	5:30 - 6:00 P	AS3	Nick Worden	
GROUP CORE	W	6:15 - 7:00 A	AS1	Angie Cameron	<b>P</b>
KETTLEBELL DANCE MIX	M	7:00 - 7:45 P	AS1	Heather Reed	
MIXED LEVEL YOGA	T/TH	9:15 - 10:00 A	AS2	Steve Bentley / Lisa Ebert	<b>P</b>

**MARION FAMILY YMCA**  
**WOPAT YMCA CENTER**  
 645 Barks Road East, Marion, OH 43302  
 P 740 725 9622 F 740 389 1287  
**WWW.MARIONYMCA.ORG**

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<b>CLASS NAME</b>	<b>DAY</b>	<b>TIME</b>	<b>ROOM</b>	<b>INSTRUCTOR</b>	<b>STATUS</b>
MOSSA GROUP RIDE	W	5:15 - 6:15 A	Cycle Room	Nikki Orlett	<b>P</b>
MOSSA STRENGTH TRAIN TOGETHER	W	7:00 - 7:45 P	AS1	Heather Reed	<b>no class 11/27</b>
MOSSA STRENGTH TRAIN TOGETHER	S	8:15 - 9:00 A	AS1	Heather Reed	<b>P</b>
MOSSA STRENGTH TRAIN TOGETHER	M	5:15 - 6:15 A	AS1	Nikki Orlett	<b>P</b>
POUND	T	7:00 - 7:45 P	AS3	Kristen Crotinger	<b>P</b>
POWER CONDITIONING KICKBOXING	M/W	5:30 - 6:15 P	AS3	Dwayne Whitt	<b>P, FF</b>
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/TH	9:30 - 10:15 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	<b>(No class 11/27)</b>
SILVER SNEAKERS CLASSIC	F	9:30 - 10:15 A	AS1	LuAnn Wilkinson	<b>(No class 11/29)</b>
TAI CHI FOR ARTHRITIS	M/W	10:30 - 11:15 A	AS1	LuAnn Wilkinson	
TOTAL BODY TONING	T/TH	9:15 - 10:00 A	AS3	Cassie McDaniel	<b>No class 11/8 &amp; 11/29</b>
VINYASA YOGA	M/W	6:00 - 7:00 P	AS2	Jeannie Brewer	<b>P, FF (no class 11/27)</b>
Y CIRCUIT	T/TH	9:15 - 10:00 A	AS3	Heather Wright	
Y KIDZ YOGA	S	12:00 - 12:30 P	AS2	Nicole Brown	<b>\$\$R, FF</b>
ZUMBA	M	9:30 - 10:15 A	AS3	Crystle Siegel	
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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 bodyweight 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.

**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.

**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.

**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 strengthening 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** - 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 workout 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.

**Y Kidz Yoga** - offers a safe, inclusive, and dynamic environment for kids to explore their natural flexibility, develop physical strength, and build emotional resilience with mindful movement, games, breathwork, and visualization to promote overall well-being. **(This class costs extra and you need to register at front desk)**

**Zumba** - Combine high energy and motivating Latin and pop music with unique moves that are easy and fun.