



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

\$\$\$ = COSTS EXTRA AND YOU HAVE TO REGISTER AT FRONT DESK!!!					
FF = FAMILY FRIENDLY P = PUNCH CARD PASS					
MARION FAMILY YMCA THANKSGIVING WEEK 2024 SCHEDULE					
Group Exercise Class Schedule beginning November 24 - 29, 2024 (classes, days & times are subject to change)					
CLASS NAME	DAY	TIME	ROOM	INSTRUCTOR	STATUS
A.M. HIIT	T	5:15 - 6:00 A	AS1	Amanda Rhoades	P
BARRE BLEND	T	10:15 - 11:00 A	AS3	Cassie McDaniel	
BARRE BLEND	W	9:15 - 10:00 A	AS3	Lisa Ebert	
BEAT BOXING FITNESS	T	6:00 - 6:45 P	AS1	Jenn McCann	P
BEGINNING YOGA	T	7:45 - 8:45 P	AS2	Nicole Brown	P
BEGINNING YOGA	S	10:30 - 11:15 A	AS2	Nicole Brown	P
BOOT CAMP	T	6:00 - 6:30 P	AS3	Nick Worden	
CARDIO KICKBOXING	T	8:00 - 9:00 A	AS3	Shannon Robinson	P, FF
CYCLE TO STRENGTH	M/W	5:15 - 6:00 P	Cycle Room	Michelle Ferguson	
DRUM FITNESS	M only	6:00 - 6:45 P	AS1	Jenn McCann	P, FF (Mondays only in November)
EXTREME BOOTCAMP	T	6:30 - 7:00 P	AS3	Nick Worden	
GROUP CORE	W	6:15 - 7:00 A	AS1	Angie Cameron	P
KETTLEBELL DANCE MIX	M	7:00 - 7:45 P	AS1	Heather Reed	
MIXED LEVEL YOGA	T	9:15 - 10:00 A	AS2	Steve Bentley / Lisa Ebert	P
MOSSA GROUP RIDE	W	5:15 - 6:15 A	Cycle Room	Nikki Orlett	P
MOSSA STRENGTH TRAIN TOGETHER	S	8:15 - 9:00 A	AS1	Heather Reed	P
MOSSA STRENGTH TRAIN TOGETHER	M	5:15 - 6:15 A	AS1	Nikki Orlett	P
POUND	T	7:00 - 7:45 P	AS3	Kristen Crotinger	P
POWER CONDITIONING KICKBOXING	M/W	5:30 - 6:15 P	AS3	Dwayne Whitt	P, FF
PUMP	T	5:00 - 5:45 P	AS1	Mandi Swartz	

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

THANKSGIVING WEEK 11/24 - 11/25/24					
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CLASS NAME	DAY	TIME	ROOM	INSTRUCTOR	STATUS
SENIOR STRETCH	T	8:15 - 9:00 A	AS1	Steve Bentley	
SILVER SNEAKERS CIRCUIT	T	9:30 - 10:15 A	AS1	Lori Dennis	
SILVER SNEAKERS CLASSIC	M	9:30 - 10:15 A	AS1	LuAnn Wilkinson	
TAI CHI FOR ARTHRITIS	M/W	10:30 - 11:15 A	AS1	LuAnn Wilkinson	
Y CIRCUIT	T	9:15 - 10:00 A	AS3	Heather Wright	
Y KIDZ YOGA	S	12:00 - 12:30 P	AS2	Nicole Brown	\$\$R, FF
ZUMBA	M	9:30 - 10:15 A	AS3	Crystle Siegel	
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