



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

MARION FAMILY YMCA CHRISTMAS AND NEW YEARS WEEKS 2024/2025 SCHEDULE

Group Exercise Class Schedule beginning December 23 - January 4, 2025 (classes, days & times are subject to change) NO CLASSES 12/24 AFTER 1:00 PM, 12/25, 12/31 AFTER 6:00 PM AND 1/1

CLASS NAME	DAY	TIME	ROOM	INSTRUCTOR	STATUS
A.M. HIIT	T/TH	5:15 - 6:00 A	AS1	Amanda Rhoades	P
ANYTHING GOES	S	9:15 - 10:00 A	AS3	Jenn Daly	P, FF
BEAT BOXING FITNESS	TH	6:00 - 6:45 P	AS1	Jenn McCann	P
BEGINNING YOGA	TH	7:45 - 8:45 P	AS2	Nicole Brown	P
BEGINNING YOGA	S	10:30 - 11:15 A	AS2	Nicole Brown	P
BOOT CAMP	TH	5:00 - 5:30 P	AS3	Nick Worden	
CYCLE	M/F	9:15 - 10:15 A	Cycle Room	Heather Wright	no class 12/23-27
CYCLE & CORE	F	5:15 - 6:15 A	Cycle Room	Nikki Orlett	
CYCLE TO STRENGTH	M	5:15 - 6:00 P	Cycle Room	Michelle Ferguson	
DRUM FITNESS	M	6:00 - 6:45 P	AS1	Jenn McCann	P, FF
DRUMS ALIVE	F	10:30 - 11:15 A	AS1	LuAnn Wilkinson	P, FF
EXTREME BOOTCAMP	TH	5:30 - 6:00 P	AS3	Nick Worden	
KETTLEBELL DANCE MIX	M	7:00 - 7:45 P	AS1	Heather Reed	no class 12/23
MIXED LEVEL YOGA	TH	9:15-10:00 A	AS2	Steve Bentley/Lisa Ebert	no class 12/24 or 12/26
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
POWER CONDITIONING KICKBOXING	M	5:30 - 6:15 P	AS3	Dwayne Whitt	P, FF
PUMP	TH	5:00 - 5:45 P	AS1	Mandi Swartz	
SENIOR STRETCH	T/TH	8:15 - 9:00 A	AS1	Steve Bentley	no class 12/24 & 12/26
SILVER SNEAKERS CLASSIC	M	9:30 - 10:15 A	AS1	LuAnn Wilkinson	
SILVER SNEAKERS CLASSIC	F	9:30 - 10:15 A	AS1	LuAnn Wilkinson	
TAI CHI FOR ARTHRITIS	M	10:30 - 11:15 A	AS1	LuAnn Wilkinson	
VINYASA YOGA	M	6:00 - 7:00 P	AS2	Jeannie Brewer	P, FF
Y CIRCUIT	TH	9:15 - 10:00 A	AS3	Heather Wright	no class 12/26
Y KIDZ YOGA	S	12:00 - 12:30 P	AS2	Nicole Brown	\$\$R, FF
\$\$R = COSTS EXTRA AND YOU HAVE TO REGISTER AT FRONT DESK!!!					
FF = FAMILY FRIENDLY P = PUNCH CARD PASS					

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