



## FREE LAND GROUP EXERCISE CLASSES

Marion Family YMCA  
August 19th - August 27th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>7am</b>		<b>Drums Alive</b> Temple Israel JoAnn Radwin- Zimmerman 7am - 7:45am		<b>Drums Alive</b> Temple Israel JoAnn Radwin- Zimmerman 7am - 7:45am		<b>Step Aerobics</b> AS1 Jen McCleese / Joan Steven 7:30am - 8:30am	
<b>9am</b>	<b>Cycle Circuit</b> Outside Heather Wright 9:15am - 10:15am	<b>Total Strength</b> South Gym Heather Wright 9:15am - 10:15am	<b>Cycle Circuit</b> Outside Heather Wright 9:15am - 10:15am	<b>Total Strength</b> South Gym Heather Wright 9:15am - 10:15am	<b>Cycle Circuit</b> Outside Heather Wright 9:15am - 10:15am		
<b>10am</b>	<b>Vinyasa Yoga</b> Conference Room Jeannie Brewer 10:30am - 11:30am	<b>Beginner Yoga</b> Conference Room Jeannie Brewer 10am - 10:45am	<b>Vinyasa Yoga</b> Conference Room Jeannie Brewer 10:30am - 11:30am	<b>Beginner Yoga</b> Conference Room Jeannie Brewer 10am - 10:45am	<b>Drums Alive</b> Temple Israel JoAnn Radwin- Zimmerman 10:45am - 11:45am	<b>Grooves</b> AS1 Vicky Howard 10am - 11am	
<b>11am</b>		<b>AM Yoga</b> Conference Room Jeannie Brewer 11am - 12pm		<b>AM Yoga</b> Conference Room Jeannie Brewer 11am - 12pm			
<b>5pm</b>		<b>Grooves</b> South Gym Vicky Howard 5:55pm - 6:40pm		<b>Grooves</b> South Gym Vicky Howard 5:55pm - 6:40pm			
<b>6pm</b>			<b>Hatha Yoga</b> Conference Room Cheryl Gillespie 6:30pm - 7:30pm	<b>Vinyasa Yoga</b> Conference Room Laura Brown 6:30pm - 7:15pm			

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. **Drums Alive classes held at Temple Israel's Hall 850 Mt. Vernon Avenue.**



## Class Descriptions Marion Family YMCA

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

**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.

**Cycle Circuit** - Class is fun and upbeat! Outdoor cardio (these few classes) combined with weight training, running and other cardiovascular activities to give you a total body workout!

**Drums Alive** - Drums Alive combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm.. This week only, held at Temple Israel's Hall 850 Mt. Vernon Avenue

**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.

**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.

**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.

**Vinyasa Yoga** - Vinyasa yoga is a series of poses that will move you through the power of inhaling and exhaling.