



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FREE LAND GROUP EXERCISE CLASSES

Marion Family YMCA  
April 1st - April 30th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<b>AM Cycle</b> Cycle Room John Wiseman 5:10am - 6am	<b>Weight Gainz</b> AS1 Sarah Jo Peters 5:10am - 5:55am	<b>AM Boot Camp</b> AS1 Katie Isler 5:05am - 6am	<b>Weight Gainz</b> AS1 Sarah Jo Peters 5:10am - 5:55am	<b>AM Boot Camp</b> AS1 Joan Steven 5:05am - 6am		
		<b>AM Cycle</b> Cycle Room John Wiseman 5:10am - 6am	<b>AM Cycle</b> Cycle Room John Wiseman 5:10am - 6am	<b>AM Cycle</b> Cycle Room John Wiseman 5:10am - 6am			
6am	<b>Daybreak Cycle</b> Cycle Room Jen McCleese 6am - 6:45am	<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			
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 Jen McCleese / Joan Steven 7:30am - 8:30am	
9am	<b>Tabata Toning</b> AS1 Cheri Harrod 9am - 9:30am	<b>Total Strength</b> AS1 Heather Wright 9:15am - 10:15am	<b>Tabata Toning</b> AS1 Cheri Harrod 9am - 9:30am	<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>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	<b>Cycle Circuit</b> Cycle Room Heather Wright 9:15am - 10:15am		<b>Cycle Circuit</b> Cycle Room Heather Wright 9:15am - 10:15am		
	<b>Kickboxing &amp; More</b> AS2 Vicky Cerny 9:30am - 10:30am		<b>Kickboxing &amp; More</b> AS2 Vicky Cerny 9:30am - 10:30am				
	<b>Silver Sneakers Yoga</b> Meeting Room April Morrison 9:45am - 10:25am		<b>Dance Fusion</b> AS1 Krista Fairchild 9:35am - 10:25am				
10am	<b>Vinyasa Yoga</b> Meeting Room Jeannie Brewer 10:30am - 11:30am	<b>Barre Blend</b> AS3 Cindy Jennings 10am - 10:45am	<b>Vinyasa Yoga</b> Meeting Room Jeannie Brewer 10:30am - 11:30am	<b>Barre Blend</b> AS3 Cindy Jennings 10am - 10:45am	<b>Silver Sneakers Yoga</b> Meeting Room April Morrison 10am - 10:40am	<b>Grooves</b> AS1 Vicky Howard 10am - 11am	
	<b>Silver Sneakers Classic</b> AS1 April Morrison 10:45am - 11:30am	<b>Beginner Yoga</b> Conference Room Jeannie Brewer 10am - 10:45am	<b>Silver Sneakers Classic</b> AS1 April Morrison 10:45am - 11:30am	<b>Beginner Yoga</b> Conference Room Jeannie Brewer 10am - 10:45am	<b>Life Balance Class</b> AS1 Cheri Harrod 10:05am - 10:40am		
		<b>Silver Sneakers Circuit</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 10:50am - 11:35am		
11am	<b>Line Dance I</b> AS1 April Morrison 11:45am - 12:45pm	<b>AM Yoga</b> Conference Room Jeannie Brewer 11am - 12pm	<b>Line Dancing II</b> AS1 April Morrison 11:45am - 12:45pm	<b>AM Yoga</b> Conference Room Jeannie Brewer 11am - 12pm	<b>Drums Alive</b> AS1 April Morrison 11:45am - 12:45pm		

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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		<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 - 12:25pm		<b>Arthritis Exercise</b> AS1 April Morrison 11:45am - 12:25pm			
12pm							<b>Extreme Cardio</b> AS1 Lance Shipley 12:15pm - 1:15pm
2pm							<b>Cycle Circuit</b> Cycle Room Sara Craig 2pm - 3pm
4pm	<b>Cycle to Fitt</b> Cycle Room Vickie Axline 4:30pm - 5:30pm	<b>Weights, Cardio, and Core</b> AS1 Amanda Swartz 4:45pm - 5:45pm	<b>Cycle to Fitt</b> Cycle Room Vickie Axline 4:30pm - 5:30pm	<b>Weights, Cardio, and Core</b> AS1 Amanda Swartz 4:45pm - 5:45pm			
5pm	<b>Cycle to Strength</b> Cycle Room Michelle Ferguson 5:30pm - 6:30pm	<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>Cycle to Strength</b> Cycle Room Michelle Ferguson 5:30pm - 6:30pm	<b>Grooves</b> AS1 Vicky Howard 5:55pm - 6:40pm			
6pm	<b>Cross Training</b> AS1 Vaughn Sizemore 6:20pm - 7:20pm	<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>Intensity Interval Cycle</b> Cycle Room Kim Watts 6pm - 6:30pm		
	<b>Beginner Cycle</b> Cycle Room Gina Parker 6:45pm - 7:30pm	<b>Kickboxing</b> AS2 Wendy Stoner 6pm - 7pm	<b>Hatha Yoga</b> Conference Room Cheryl Gillespie 6:30pm - 7:30pm	<b>Kickboxing</b> AS2 Wendy Stoner 6pm - 7pm			
	<b>Kickboxing</b> AS2 Mandy Adams 6:45pm - 7:30pm	<b>On a Roll</b> AS3 Zach Craig 6:30pm - 7pm	<b>Beginner Cycle</b> Cycle Room Gina Parker 6:45pm - 7:30pm	<b>On a Roll</b> AS3 Zach Craig 6:30pm - 7pm			
		<b>Beginner Cycle</b> Cycle Room Angela Snow 6:30pm - 7pm	<b>Kickboxing</b> AS2 Mandy Adams 6:45pm - 7:30pm	<b>Beginner Cycle</b> Cycle Room Angela Snow 6:30pm - 7pm			
		<b>Zumba</b> AS1 Shannon Robinson 6:45pm - 7:30pm		<b>Zumba</b> AS1 Shannon Robinson 6:45pm - 7:30pm			

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7pm		<b>Barre Blend</b> AS3 Stephanie Anderson 7:30pm - 8:15pm					

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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 Boot Camp** - A boot camp style class that includes cardio, strength and sports conditioning exercises for maximum calorie burn.

**AM Cycle** - Multi-level, user friendly, high energy work on the stationary bike including resistance training intervals off the bike. This high energy class is set to motivating music to take you to the next level.

**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.

**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 Fitt** - 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.

**Dance Fusion** - Learn all the latest and greatest dance moves choreographed to the hottest music. Develop better coordination, rhythm, flexibility and most importantly – self-expression! Dance is a great way to build confidence and self-esteem.

**Daybreak Cycle** - Beginners to advanced cycle enthusiasts will benefit from this high energy work out on stationary bikes with various resistance training. A great way to start the day.

**Drums Alive** - Drums Alive combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm.

**Extreme Cardio** - Total body intense conditioning class. The cardio and plyometric drills which include intervals of strength, power, resistance, and core training will definitely have you seeing insane results while pushing you to your limit. NOT for beginners.

**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.

**Intensity Interval Cycle** - 60 minutes of sprints, climbs and flat roads to get your heart rate up on indoor cycle bikes.

**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 Dance I** - Learn to line dance to all types of music, promote your cardiovascular health, get a low intensity aerobic workout, and improve your memory.



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## Class Descriptions

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**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.

**On a Roll** - Foam rolling is a form of self-massage. Athletes and non-athletes alike suffer from muscle tightness, which can lead to pain or injury. This 30 minute class will give you the basics and beyond for foam rolling.

**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.

**Silver Sneakers Yoga** - SilverSneakers® Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

**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.

**Tabata Toning** - Tabata is great for a quick workout if you're short on time, need to switch it up or improve endurance. Incorporate this workout into your fitness routine and produce results. Tabata is a 20 second workout and a 10 second break, repeated 4-10 rounds.

**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 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.