



# Marion Independent Fitness Center @ Marion

YMCA

June 1st - August 31st

3100 10th Ave

Marion, IA 52302

(319) 377-7361

	MON	TUE	WED	THU	FRI	SAT	SUN
5am		<b>RPM</b> 5:30am - 6:25am		<b>RPM</b> 5:30am - 6:25am			

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.



## Class Descriptions Marion YMCA

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**RPM** - An indoor cycling workout where you ride to the rhythm of powerful music. Go through hills, flats, mountains, speed workouts and intervals. You control your own resistance and speed to build up your training level over time.