

GROUP EXERCISE SCHEDULE

JANUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
*6:00-7:00am BODYPUMP Max	6:15-7:00am *Y CYCLE BLAST Linda	*6:00-7:00am BODYPUMP Leslie S	6:15-7:00am *Y CYCLE BLAST Linda	6:30-7:00am STEAM BLAST Max		
8:00-8:50am TONING ZUMBA Jane	8:00-9:00am ZUMBA Jane	8:30-8:50am Y CORE Asil	8:00-9:00am ZUMBA Jane	8:30-8:50am Y CORE Asil	8:00-8:45am *Y CYCLE BLAST Lucia	8:15-9:15am *Y CYCLE Erin
8:30-9:15am *WATER AEROBICS Leslie C (pool)	9:15-10:00am *AQUA ZUMBA Jane (pool)	8:30-9:15am *WATER AEROBICS Leslie C (pool)	9:15-10:00am *AQUA ZUMBA Jane (pool)	8:30-9:15am *WATER AEROBICS Leslie C (pool)		
*9:00-10:00am BODYPUMP Leslie S	9:15-10:00am *Y CYCLE BLAST Lucia	*9:00-10:00am BODYPUMP Melissa	9:00-10:00am CORE YOGA Sian	*9:00-10:00am BODYPUMP Max	*9:00-10:00am BODYPUMP Melissa/Leslie S	9:30-10:15am MAT PILATES Judy
10:15-11:15am MAT PILATES Judy	10:15-11:15am SILVER YOGA Stephanie	10:15-11:15am MAT PILATES Judy	10:15-11:15am SILVER YOGA Stephanie	10:15-11:15am VINYASA YOGA Sian	10:15-11:15am POWER YOGA Sian	10:30-11:30pm ZUMBA DANCE PARTY BuBu
10:15-11:00am *WATER AEROBICS Leslie C (pool)	10:15-11:00am *DEEP WATER TRAINING Leslie C (pool)	10:15-11:00am *WATER AEROBICS Leslie C (pool)	10:15-11:00am *DEEP WATER TRAINING Leslie C (pool)			
11:30-12:30pm STRENGTH, BALANCE & CORE Teri	11:30-12:30pm STEAM Asil	11:30-12:30pm STRENGTH, BALANCE & CORE Teri	11:30-12:30pm *Y CYCLE Lucia	11:30-12:30pm STRENGTH, BALANCE & CORE Teri		
4:35pm-5:25pm *Y CYCLE BLAST Linda	4:35-5:25pm MAT PILATES Judy	4:35-5:25pm *Y CYCLEBLAST Erin/Kathryn	4:35-5:25pm MAT PILATES Judy	4:35-5:30pm ZUMBA Jane		
5:30-6:25pm FUSION Melissa	*5:30-6:30pm BODYPUMP Melissa	5:30-6:25pm ZUMBA DANCE PARTY BuBu	*5:30-6:30pm BODYPUMP Leslie S	5:35-6:25pm KICK! Melissa		
6:45-7:30pm PRENATAL YOGA Elissa/Sherry	6:45-7:45pm ZUMBA DANCE PARTY BuBu	6:30-7:30pm POWER YOGA Sian	6:45-7:45pm ZUMBA Jenni			
6:45-7:30pm *WATER AEROBICS Michael (pool)		6:45-7:30pm *WATER AEROBICS Michael (pool)				

HOLIDAY HOURS:
Saturday 12/31: 7am-5pm
Sunday 1/1: 8am-6pm

**REGISTRATION REQUIRED
FOR AQUA CLASSES
- PER SESSION -**

***CLASSES MARKED REQUIRE
SIGN UP AT THE FRONT DESK
(SIGN UP AVAILABLE 30 MINUTES
BEFORE CLASS START**

OPEN STUDIO
Daily from 12:30pm—3:00pm



GROUP EXERCISE DESCRIPTIONS



SPIRIT

ZUMBA® - A basic choreography of Salsa, Samba and Latino style moves, mixed in a free style choreography to give you the best aerobic workout of your life.

ZUMBA TONING - Combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs and thighs.

***Y CYCLE** - An excellent workout focusing on endurance, strength, intervals, intensity and recovery to simulate a ride in real terrain. For all skill levels, studio cycling is an all-terrain adventure!

FUSION - Kick it up a notch with this total body workout that intervals between step, kickboxing and sculpting! Sure to make you sweat!

KICK! - Divided into three parts for a genuine cross-training regimen. Learn new techniques across the widest array of styles. Warm up to classic cardio kickboxing. Peak with MMA and Muay Thai moves and finish with combination work.



**CLASSES MARKED WITH
ASTERISK REQUIRE SIGN-UP AT THE
FRONT DESK**

MIND

VINYASA YOGA - Vinyasa translates as, "to place with care", and yoga translates as "to yoke". This flowing practice is defined by the movement from one posture to the next using breath, (pranayama), and drishti, (gazing point). Open to all levels of practitioner, the main requirement is an open mind. You will build strength and flexibility, and challenge yourself during this 60 minute practice.

POWER YOGA - Finding your power "within" is just as important as the external power you display. You will build core strength; (self esteem), flexibility and endurance in this challenging 60 minute yoga practice. Faster paced than vinyasa yoga, be prepared to sweat!

SILVER YOGA - Silver Yoga is designed so that seniors can safely participate at their level of comfort.

SPECIALITY

AQUA ZUMBA - A revitalizing Aqua Zumba formula paired with traditional Zumba fitness disciplines, this workout consists of 45 minutes of choreographed routines to a wide-range of music. The water adds resistances for the avid exerciser as well as provides a low-impact workout for seniors and individuals with disabilities. Smile, shake, shimmy and water-Salsa your way to a more fit you! **A separate program fee applies.**

DEEP WATER TRAINING - Journey into the deep end while wearing a floatation belt and experience this intense training program. Alternate between high and low intensity moves to break through training plateaus, increase power and strength, and improve cardiovascular endurance. **A separate program fee applies.**

BODY

BODY PUMP™ - the original barbell class that strengthens your entire body. This 60-minute workout challenges all major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for - and fast! Like all the LES MILLS™ programs, a new BODYPUMP™ class is released every three months with new music and choreography.

MAT PILATES - This is classical Pilates mat; a total body workout that emphasizes core strength, muscular length, strength and flexibility. A challenging class across the spectrum from athlete to novice.

Y CORE - Core Workouts are recognized as vital elements of Fitness. Enhanced by using additional core and balance equipment, makes this class more challenging and fun.

STRENGTH, BALANCE & CORE - This workout uses weights and/or body bars to promote muscular strength, flexibility, body alignment and posture. Includes floorwork for core and spinal strength.



YMCA of Martha's Vineyard
111R Edgartown/Vineyard Haven Rd.
Vineyard Haven, MA 02568
508-696-7171 Ext. 120 www.ymcamv.org

HEALTH & WELLNESS