



ACTIVE ADULT SCHEDULE

YMCA OF MARTHA'S VINEYARD

MAY 2018

Fitness for the "Over 50" Crowd!

FACILITY HOURS

MON - FRI 5:30AM - 9:00PM
 SAT 7:00AM - 8:00PM
 SUN 8:00AM - 6:00PM

Alternating Thursdays
Mid-Morning Social Club
 (First & Third Thursdays)
Games, Speakers, & Fellowship
 COFFEE
 &
Mid-Morning Music Club
 (Second & Third Thursdays)
Music, Jamming, Discussion
 COFFEE

YMCA OF MARTHA'S VINEYARD
 111r Edgartown Road
 OakBluffs, MA 02557
 508-696-7171
 www.ymcamv.org

AQUA FITNESS SCHEDULE:
WATER AEROBICS
 M/W/F 8:30-9:15am
Leslie C
 M/W/F 9:30-10:15 am
Margarita
DEEP WATER TRAINING
 T/Th 8:30-9:15am
Leslie S

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				7:00 SENIOR HIIT <i>Ray</i>		
	7:00-7:50am TAI CHI <i>Corinne</i>		7:00-7:50am TAI CHI <i>Corinne</i>		9:15-10:00am *Y CYCLE <i>Mike</i>	
8:00-8:25 HAPPY JOINTS <i>Ray</i>	8:00-8:50am ZUMBA <i>Jane</i>		8:00-8:50am ZUMBA <i>Jane</i>		8:00-8:45am ZUMBA <i>Julie/Jane</i>	
8:30-9:15 *Water Aerobics* <i>Leslie</i>	8:00-9:00 FLOOR FITNESS <i>Ray</i>	8:30-9:15 *Water Aerobics* <i>Leslie</i>	8:00-9:00 FLOOR FITNESS <i>Ray</i>	8:30-9:15 *Water Aerobics* <i>Leslie</i>		
9:30-10:15 *Water Aerobics* <i>Margarita</i>	8:30-9:15 *Deep Water Training* <i>Leslie</i>	9:30-10:15 *Water Aerobics* <i>Margarita</i>	8:30-9:15 *Deep Water Training* <i>Leslie</i>	9:30-10:15 *Water Aerobics* <i>Margarita</i>		
						9:30-10:30am MAT PILATES <i>Judy</i>
10:15 - 11:15am MAT PILATES <i>Judy</i>	10:15-11:00am *DOWN SHIFT <i>Mike</i>	10:15-11:15am MAT PILATES <i>Judy</i>	10:15-11:00am *DOWN SHIFT <i>Mike</i>			
11:00 - 11:25am SIT 2B FIT <i>Ray</i>	10:15-11:15am SILVER YOGA <i>Stephanie</i>	10:45-11:25am SIT 2B FIT <i>Ray</i>	10:15-11:15am SILVER YOGA <i>Stephanie</i>	11:00-11:25am SIT 2B FIT <i>Ray</i>		
11:30-12:30pm BALANCE OF POWER <i>Ray</i>		11:30-12:30pm BALANCE OF POWER <i>Ray</i>		11:30-12:30pm BALANCE OF POWER <i>Ray</i>		
12:30 - 1:15pm AFTERNOON STRETCH <i>Ray</i>	12:45-1:25pm FIT CLUB <i>Ray</i>	12:30-1:15pm AFTERNOON STRETCH <i>Ray</i>	12:45-1:25pm FIT CLUB <i>Ray</i>			
1:30 - 2:00p HAPPY JOINTS <i>Ray</i>	1:30 - 2:15p EXTENSIONS <i>Ray</i>		1:30 - 2:15p EXTENSIONS <i>Ray</i>			
	4:35-5:25pm MAT PILATES <i>Judy</i>		4:35-5:25pm MAT PILATES <i>Judy</i>			
						Classes are subject to change without notice
						POOL CLASS
	6:45-7:45pm ZUMBA DANCE <i>Julie</i>		6:45-7:45pm ZUMBA DANCE <i>Julie</i>			*Classes are held in Teen Center Studio 2

CLASS DESCRIPTIONS

YMCA OF MARTHA'S VINEYARD

SPIRIT BODY MIND

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

AFTERNOON STRETCH A 45 Minute Stretching and Flexibility session to help you gently target and relax those muscles that give you a pain... literally. It's all about fluid movement

BALANCE OF POWER A full body workout, utilizing light weights and balance work to enhance functional movement. Great for Seniors!

EXTENSIONS A Stretching and Flexibility Class with emphasis on creative visualization to encourage relaxation AND a familiarization with how your body can move

FIT CLUB An intermediate to advanced version of "Balance of Power." and very measured and monitored plyometrics.

FLOOR FITNESS Expanding the options in a gym environment when it comes to body part exercises. For example, if the Leg Press is in use, what else can a member do to work those same muscles? The goal of this class is to not only help eliminate the frustration of having your "go-to" machine being occupied, but to expand a person's options in the gym.

HAPPY JOINTS Targeted exercises that those suffering from Arthritis & Lupus. Flexibility, Movement Flow, Moderate Weight-Bearing. Focus on Body Mechanics

MAT PILATES Classical Pilates mat, a total body workout emphasizing core strength, muscular length, strength and flexibility. A challenging class across the spectrum from athlete to novice.

SENIOR H.I.I.T. A half-hour version of the Tuesday & Thursday "Fit Club" class. Elders 55+ who want to take their fitness level to a more dynamic level. Strength, Flexibility, Plyometrics and Aerobics.

SILVER YOGA A beginner/intermediate level of yoga, focuses on a wide variety of postures both gentle and intermediate. This class helps students to develop breath awareness and control while moving at a moderate pace.

SIT 2B FIT Workout is primarily in the seated position to offer safety and success for participants at low physical function. Includes strength-building exercises, and promotes balance and mobility

TAI CHI The practice of letting go of our resistance to change through dynamic relaxation, energy cultivation, conservation and self-defense. This class will cover basic stretching and warm-ups followed by a selection of beginning Tai Chi postures.

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.

Get Social!
Alternating Thursday in the Y Teen Centers
Mid-Morning Social Club (First & Third Thursdays)
Games, Speakers, & Fellowship COFFEE
 &
Mid-Morning Music Club
 (Second & Third Thursdays)
Music, Jamming, Discussion COFFEE

CYCLE - STUDIO 2
***Y CYCLE** An excellent workout focusing on endurance, strength, intervals, intensity and recovery to simulate a ride in real terrain. For all skill levels, an all-terrain adventure!
***DOWN SHIFT** A beginner level suited to learn the basics of cycling. Perfect for new riders, seniors and rehabilitation.
**Requires sign-up (available 30 min prior at Member Desk).
 Classes are held in Studio 2 in back of Teen Center*

AQUA FITNESS
WATER AEROBICS This exciting class is for both swimmers and non-swimmers and is geared toward increasing cardiovascular output and muscle tone.
***DEEP WATER TRAINING** Train in the deep end wearing a floatation belt to experience this program. Alternate between high and low intensity moves to increase power and strength, and improve cardiovascular endurance.