



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

## YMCA OF MARTHA'S VINEYARD

# DECEMBER 2015

### FACILITY HOURS

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

### IMPORTANT REMINDERS:

\*Must sign in for Cycling and BodyPump classes at the Member Service Desk in order to reserve a spot (available 30 min prior to class start time)

Classes are held in Teen Center Studio 2

### OPEN STUDIO HOURS:

Mon-Fri 1:30pm-3:30pm  
Sat 1:00-2:45pm  
Sun 11:45am-2:45pm

### AQUA FITNESS SCHEDULE\*:

#### Water Aerobics

M/W/F 8:30-9:15am  
Leslie C/Nadia

M/W/F 9:30-10:15 am  
Melissa/Nadia

#### Deep Water Training

T/Th 8:30-9:15am  
Leslie S

#### Innovative Aqua Aerobics

T/Th 9:30-10:15 am  
Nadia/Leslie S

#### \*Registration Required

Classes are subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45am <b>TUNED UP</b> Ray		6:00-6:45am <b>TUNED UP</b> Ray	6:00-7:00am <b>RIPPED</b> Nancy	6:00-6:45am <b>TUNED UP</b> Ray		
8:00-9:00am <b>*Y CYCLE</b> Tom	6:00-6:50am <b>*Y CYCLE BLAST</b> Linda	8:00-8:45am <b>*Y CYCLE BLAST</b> Lindy	6:00-6:50am <b>*Y CYCLE BLAST</b> Linda		7:15-8:05am <b>*Y CYCLE BLAST</b> Linda	8:30-9:30am <b>*Y CYCLE</b> Tom
8:00-8:20am <b>BUNS &amp; GUNS</b> Kristy	7:00-7:50am <b>TAI CHI</b> Corinne	8:00-8:25am <b>BUNS &amp; GUNS</b> Kristy	7:00-7:50am <b>TAI CHI PRIMER</b> Ty	8:00-8:25am <b>BUNS &amp; GUNS</b> Kristy		
8:30-8:50am <b>Y CORE</b> Asil	8:00-8:50am <b>ZUMBA</b> Jane	8:30-8:50am <b>Y CORE</b> Kristy	8:00-8:50am <b>ZUMBA</b> Jane	8:30-8:50am <b>Y CORE</b> Asil	8:00-8:45am <b>ZUMBA</b> Jane/Julie	
9:10-10:10am <b>*BARRE</b> Amy	9:00-10:00am <b>*Y CYCLE</b> Lucia	9:10-10:10am <b>*BARRE</b> Amy	9:00-10:00am <b>*Y CYCLE</b> Mike	9:00-10:00am <b>*Y CYCLE</b> Joanne	8:30-9:30am <b>*Y CYCLE</b> Mike	
9:00-10:00am <b>*BODYPUMP</b> Leslie S	9:00-10:00am <b>VINYASA YOGA</b> Sian	9:00-10:00am <b>*BODYPUMP</b> Leslie S	9:00-10:00am <b>CORE YOGA</b> Sian	9:00-10:00am <b>*BODYPUMP</b> Melissa	9:00-10:00am <b>*BODYPUMP</b> Kristy	9:30-10:30am <b>MAT PILATES</b> Judy
	10:15-11:15am <b>*CYCLE 101</b> Mike			10:10-11:10am <b>*BARRE</b> Amy	10:15-11:15am <b>POWER YOGA</b> Sian	
10:15-11:15am <b>MAT PILATES</b> Judy	10:15-11:15am <b>SILVER YOGA</b> Stephanie	10:15-11:15am <b>MAT PILATES</b> Judy	10:15-11:15am <b>SILVER YOGA</b> Stephanie	10:15-11:15am <b>VINYASA YOGA</b> Sian		10:35-11:35am <b>ZUMBA DANCE PARTY</b> JoJo & BuBu
	11:30-12:30pm <b>STEAM</b> Asil		11:30-12:30pm <b>STEAM</b> Amy	11:15-12:30pm <b>*REVOLUTION</b> Asil		
11:30-12:30pm <b>BALANCE OF POWER</b> Ray	12:45-1:30pm <b>BALANCE OF POWER2</b> Ray	11:30-12:30pm <b>BALANCE OF POWER</b> Ray	12:45-1:30pm <b>BALANCE OF POWER2</b> Ray	11:30-12:30pm <b>BALANCE OF POWER</b> Ray		
4:30-5:25pm <b>CORE &amp; MORE</b> Nancy	4:30-5:25pm <b>MAT PILATES</b> Judy	4:30-5:25pm <b>FUSION</b> Melissa	4:30-5:25pm <b>MAT PILATES</b> Judy			
5:30-6:15pm <b>*Y CYCLE BLAST</b> Sarah		5:30-6:15pm <b>*Y CYCLE BLAST</b> Sarah				
5:30-6:25pm <b>KICKBOX</b> Melissa	5:30-6:30pm <b>*BODYPUMP</b> Melissa	5:30-6:25pm <b>R.E.P.S.</b> Eric & Yasmin	5:30-6:30pm <b>*BODYPUMP</b> Leslie S			
6:30-7:30pm <b>PRENATAL YOGA</b> Elissa/Fallon	6:45-7:45pm <b>CIZE!</b> Julie	6:30-7:30pm <b>POWER YOGA</b> Sian	6:45-7:45pm <b>ZUMBA DANCE PARTY</b> BuBu & JoJo			



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# CLASS DESCRIPTIONS

## YMCA OF MARTHA'S VINEYARD

### SPIRIT BODY MIND

**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® DANCE PARTY** Take what you do in Zumba and add the party! Dance till you drop with, choreographed, music driven, Latin inspired Zumba dance. A full blown Dance Party!!

**CIZE!** It's the End of ExerCIZE as you know it! Learn how to dance, burn some serious calories – all while having FUN! Yes, FUB! Join the MOVEment and #CIZEitUp!

**KICKBOX** A genuine cross-training regimen. Learn new techniques, warm up to classic cardio kickboxing, peak with MMA, Muay Thai moves and combination work.

**\*BODY PUMP™** The original barbell class that strengthens the entire body and challenges all major muscle groups. Great music, awesome instructors and your choice of weight.  
*\* Requires sign-up (available 30 min prior at Member Service Desk)*

**RIPPED** Strength through weights! Full body muscle workout! Be prepared to work the entire body and major muscle groups!

**STEAM** Get ready to sweat in this advanced, high energy packed class with interval training, plyometrics & much more! If you like Insanity and P90X you'll LOVE STEAM!

**TUNED-UP** Heighten your metabolism, and get "in tune" with your body. This class is set to seriously good classic rock music while helping you strengthen the mind-body connection.

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

**BALANCE OF POWER2** An intermediate to advanced version of "Balance of Power." With continued focus on strength and balance; add a slower H.I.I.T. (High Intensity Interval Training) and very measured and monitored plyometrics.

**Y CORE** Core workouts are vital elements of fitness. Enhanced by using creative core moves, makes this class more challenging.

**CORE & MORE** YCORE and a little bit more. Intervals of solid core moves, shake it out with a bonus power move or two.

**BUNS & GUNS** This class brings the fun in toning the upper and lower body, including arms, legs, glutes and core for a fun, but tough work out designed for all fitness levels.

**FUSION** Athletic Drills & Skills! Warm up to kickboxing style moves, then crank it up with weights and intervals! Chase away boredom.

**INSANITY** A cardio-based total body conditioning program. Push yourself to new training heights for faster results, and a more efficient metabolism. Easy to learn and fun!

**TAI CHI PRIMER** Learn and practice various Chi Kung exercises to build a foundation for the practice of T'ai Chi. These Chi Kung exercises will be meditative movement, that enhance both balance and a sense of well being. Open to all ages.

**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.

**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.

**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 pranayama (breath), and drishti, (gazing point). Open to all levels of practitioners, you will build strength and flexibility, and challenge yourself during this 60 minute practice.

**POWER YOGA** Finding your power "within" is as important as the external power you display. You will build core strength, self-esteem, flexibility & endurance in this challenging 60 minute yoga practice. Faster pace than Vinyasa yoga, be prepared to sweat!

**CORE YOGA** Develop strength from your knees to your chest, tone your body and feel better about yourself. Build internal heat, work with your breath, and develop your personal power. Challenging and sweaty; a mixed level class.

**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.

**PiYo™** A hybrid, athletic workout inspired by the mind/body practices of yoga and Pilates, as well as the principles of sports stretch, strength training, conditioning and dynamic movement.

**PRENATAL YOGA** Safely stretches, strengthens and tones the body while alleviating some common discomforts of pregnancy. Our certified prenatal yoga instructors, guides and prepare bodies and minds for labor and motherhood in a nurturing, friendly environment. Students have a chance to bond with their babies in utero and develop connections. No previous fitness or yoga experience necessary. The class is free to all expectant women.

### NEW & SPECIALTY CLASSES

**\*REVOLUTION** High Intensity Bootcamp style Cycle ans Strength Training. A hard workout on and off the bike.  
*\*Requires sign-up (available 30 min prior at Member Desk).*

**CIZE!** It's the End of ExerCIZE as you know it! Learn how to dance, burn some serious calories – all while having FUN! Yes, FUN! Join the MOVEment and #CIZEitUp!

**R.E.P.S.** Resistance, Endurance, Power and Strength – A full body workout using all the tools we have to offer. This advanced class will leave you sweaty and invigorated! If you like STEAM you will love this class!

**\*BARRE** Fluid, athletic movements that are specifically designed to strengthen and lengthen, without the bulk. Barre creates endurance through strength and flexibility through stretching. (Held in Studio 2)  
*\*Requires sign-up (available 30 min prior at Member Desk).*

### 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, studio cycling is an all-terrain adventure!

**\*Y CYCLE BLAST** Same great class as Y-CYCLE for 45-50 minutes

**\*CYCLE 101** 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.

#### INNOVATIVE AQUA AEROBICS

Intermediate class using both shallow and deep water with creative cardio, synchronized swimming and water polo exercises.

#### \*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.