



GROUP EXERCISE SCHEDULE

YMCA OF MARTHA'S VINEYARD

OCTOBER 2017

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)

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

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

Aqua HIIT
 T/Th 9:30-10:30am
 Jen

AQUA HIIT
TUES. 6:35pm-7:35pm
 With Jen

***Registration Required**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45am TUNED UP Ray	6:00-6:45am *BODYPUMP Sheryl	6:00-6:45am TUNED UP Ray	6:00-6:45am *BODYPUMP Sheryl	6:00-6:45am TUNED UP Ray		
	6:00-6:50am *Y POWER CYCLE Linda		6:00-6:50am *Y POWER CYCLE Linda			
8:00-8:25am STEAM EXPRESS Amy	7:00-7:50am TAI CHI Corinne	8:00-8:25am STEAM XPRESS Asil	7:00-7:50am TAI CHI Corinne	8:00-8:25am STEAM XPRESS Amy	7:15-8:05am *Y POWER CYCLE Linda	
8:30-8:50am Y CORE Asil	8:00-8:50am ZUMBA Jane	8:30-8:50am Y CORE Asil	8:00-8:50am ZUMBA Jane	8:30-8:50am Y CORE Asil	8:00-8:45am ZUMBA Julie/Jane	
9:00-10:00am *CARDIO BARRE Amy		9:00-10:00am *BARRE Amy		9:00-10:00am *BARRE Amy		
9:00-10:00am *Y POWER CYCLE Christine	9:00-10:00am *Y CYCLE Lucia	9:00-10:00am *Y POWER CYCLE Christine	9:00-10:00am *Y CYCLE Lucia	9:00-10:00am *Y CYCLE Lucia	8:30-9:15am *Y CYCLE Mike	9:00-9:45am *CYCLE PARTY Babs
9:00-10:00am *BODYPUMP Melissa	9:00-10:00am VINYASA YOGA Sian	9:00-10:00am *BODYPUMP Leslie	9:00-10:00am CORE YOGA Sian	9:00-10:00am *BODYPUMP Leslie	9:00-10:00am *BODYPUMP Sheryl	9:30-10:30am MAT PILATES Judy
10:15-11:15am MAT PILATES Judy	10:15-11:00am *CYCLE 101 Mike	10:15-11:15am MAT PILATES Judy	10:15-11:00am *CYCLE 101 Mike	10:15-11:15am VINYASA YOGA Sian	10:15-11:15am POWER YOGA Sian	10:45-11:45pm BOOTCAMP Donald
11:00 - 11:25am CHAIR POWER Ray	10:15-11:15am SILVER YOGA Stephanie	11:00-11:25am CHAIR POWER Ray	10:15-11:15am SILVER YOGA Stephanie	11:00-11:25am CHAIR POWER Ray		
11:30-12:30pm BALANCE OF POWER Ray	11:30-12:30pm STEAM Asil	11:30-12:30pm BALANCE OF POWER Ray	11:30-12:30pm STEAM Amy	11:30-12:30pm BALANCE OF POWER Ray		
	12:45-1:30pm BALANCE OF POWER2 Ray		12:45-1:30pm BALANCE OF POWER2 Ray	11:15-12:30pm *REVOLUTION Asil		
	2:30-3:30pm STEAM Asil					
4:35-5:25pm VINYASA YOGA Lucia	4:35-5:25pm MAT PILATES Judy	4:45-5:15pm CARDIO BURST Melissa	4:35-5:25pm MAT PILATES Judy			
5:30-6:15pm *Y CYCLE BLAST Jeannie	4:45-5:45pm *Y CYCLE Triva	5:30-6:15pm *CYCLE PARTY Babs	4:45-5:30pm *SMOOTH RIDE Jeannie	5:30-6:15pm *CYCLE PARTY Babs		
5:30-6:25pm COMBAT FORCE Melissa	5:30-6:30pm *BODYPUMP Sheryl	5:30-6:25pm REPS Donald	5:30-6:30pm *BODYPUMP Leslie			<i>Classes are subject to change without notice</i>
6:30-7:30pm PRENATAL YOGA Elissa/Fallon	6:45-7:45pm ZUMBA DANCE Julie	6:30-7:30pm POWER YOGA Sian	6:45-7:45pm ZUMBADANCE Julie			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

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!!

CARDIO BURST Get off the machines and have some fun! A quick ½ hour Cardio Circuit of varying Intensities to get the blood pumping! Fast moving stations say good-bye to boring cardio!

***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)*

Y CORE Core workouts are vital elements of fitness. Variety makes it fun, using creative core moves keeps it more challenging.

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!

STEAM XPRESS A ½ hour version of your favorite Steam class!

TUNED-UP Height en 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." and very measured and monitored plyometrics.

CHAIR POWER 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.

R.E.P.S. Resistance Endurance Power – A Full body workout using all the tools. This advanced class will leave you sweaty and invigorated. If you like Steam, your love REPS!

CARDIO BARRE Barre with cardio intervals, get your heart rate up while strengthening, toning, and lengthening muscles.

BOOTCAMP A group physical training that mixes traditional calisthenic and body weight exercises with interval training and strength training.

***REVOLUTION** High Intensity Bootcamp style Group Training with Cycle and Strength Training. A hard workout on and off the bike.

**Requires sign-up (available 30 min prior at Member Desk).*

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 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.

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.

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.

YOGALATES A wonderful blend of yoga and pilates moves that will have you feeling refreshed and energized!

***BARRE** Fluid, athletic movements that are specifically designed to strengthen and lengthen, without the bulk. Create endurance through strength and flexibility through stretching. (In Studio 2)

**Requires sign-up (available 30 min prior at Member Desk).*

NEW CLASS

COMBAT FORCE An Interval style class with every move Inspired by MMA Training. A mix of kickboxing, cardio and bodyweight conditioning for a wild triple tier workout! Train like an MMA Fighter and scorch the calories! (Taking the Core de Force class to the next level)

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!

***Y CYCLE BLAST** Same great class as Y-CYCLE for 45-50 min.

***POWER CYCLE** Utilizes the Matrix Coach by Color Technology to push your cycling threshold to your personal max. For all fitness levels. We recommend getting your personal FTW prior to class. Ask your Instructor for more FTW information.

***CYCLE 101** A beginner level suited to learn the basics of cycling. Perfect for new riders, seniors and rehabilitation.

***SMOOTH RIDE** A Low-key Cycle Workout that will still burn lots of calories. Come get in a quick 45-minute ride before the weekend.

***CYCLE PARTY** Climb, Jog, Sprint & Dance for 45 minutes! A great fat burner using hand weights and attacking core workout!

**Requires sign-up (available 30 min prior at Member Desk).
Classes are held in Studio 2 in back of Teen Center*

AQUA FITNESS

AQUA HIIT – High Intensity Interval Training in the Pool! This is a Metabolic Style, shallow water workout. Great for Working at a High Intensity without the impact. A fast paced full body workout!

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.