

GROUP EXERCISE SCHEDULE

YMCA OF MARTHA'S VINEYARD

NOVEMBER 2018

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 SURGE
TUES. 6:30pm-7:30pm
 With Jen

*Registration Required

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|--|--|--|---|
| 6:00-6:45am MORNING MOTIVATOR Margarita | 5:45-6:45am *BODYPUMP Sheryl | 6:00-6:45am MORNING MOTIVATOR Margarita | 5:45-6:45am *BODYPUMP Sheryl | 6:00-6:45am MORNING MOTIVATOR Margarita | | |
| | 6:00-6:50am *Y POWER CYCLE Linda | | 6:00-6:50am *Y POWER CYCLE Linda | | | |
| 8:00-8:50am *Y POWER CYCLE Linda | 7:00-7:50am TAI CHI Corinne | | 7:00-7:50am TAI CHI Corinne | | 8:00-8:50am *Y POWER CYCLE Linda | |
| 8:00-8:25am STEAM XPRESS Asil | 8:00-8:50am ZUMBA Jane | 8:00-8:25am STEAM XPRESS Amy | 8:00-8:50am ZUMBA Jane | 8:00-8:25am STEAM XPRESS Amy | 8:00-8:45am ZUMBA Jane | |
| 8:30-8:50am AB-SOLUTION Asil | | 8:30-8:50am AB-SOLUTION Amy | | 8:30-8:55am CENTERGY Amy | | |
| | 9:00-10:00am *Y CYCLE Lucia | 9:00-10:00am *Y CYCLE Triva | 9:00-10:00am *Y CYCLE Lucia | 9:00-10:00am *Y CYCLE Triva | 9:15-10:00am *Y CYCLE Jeannie/Lucia | 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 |
| 9:00-10:00am *BARRE Amy | 9:30-10:30am SIT 2B FIT Betty | 9:00-10:00am *BARRE Amy | 9:30-10:30am SIT 2B FIT Betty | | 10:15-11:15am POWER YOGA Sian | 10:45-11:45am BLITZ Donald |
| 10:15-11:15am MAT PILATES Judy | 10:15-11:00am *DOWN SHIFT Triva | 10:15-10:45am TURBO CHAIR Betty | 10:15-11:00am *DOWN SHIFT Triva | 10:15-11:15am VINYASA YOGA Sian | | |
| | 10:15-11:15am SILVER YOGA Stephanie | 10:15-11:15am MAT PILATES Judy | 10:15-11:15am SILVER YOGA Stephanie | | | |
| 11:30-12:30pm SENIOR BLAST Triva | 11:30-12:30pm STEAM Asil | 11:30-12:30pm SENIOR BLAST Betty | 11:30-12:30pm STEAM Amy | 11:30-12:30pm SENIOR BLAST Judy | | |
| 12:30-1:15p AFTERNOON STRETCH Triva | 12:45-1:30pm FIT CLUB Triva | 12:30-1:15p AFTERNOON STRETCH Betty | 12:45-1:30pm FIT CLUB Triva | | | |
| 4:35-5:15pm VINYASA YOGA Lucia | 4:35-5:25pm MAT PILATES Judy | 4:30pm TEMPO Melissa | 5:00pm ABS:25 Melissa | 4:35-5:25pm MAT PILATES Judy | 4:35-5:15pm VINYASA YOGA Lucia | |
| 5:30-6:15pm *Y CYCLE Jeannie | 4:45-5:30pm *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 REP'S Donald | 5:30-6:30pm *BODYPUMP Leslie | | | <i>Classes are subject to change without notice</i> |
| 6:30-7:30pm PRENATAL YOGA Fallon | 6:45-7:45pm ZUMBA DANCE Julie | 6:30-7:30pm POWER YOGA Sian | 6:45-7:45pm ZUMBA DANCE 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

MORNING MOTIVATOR This class covers it all – cardio, strength training and core work. This total body workout is the perfect start to your day!

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!!

***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)*

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

ABS:25 An ab-centric workout with a twist! Improve the strength of your midsection in this 25-minute class. Create and define your six-pack with an arsenal of waist whittling exercises.

STEAM Get ready to sweat in this advanced, high energy packed class with interval training, plyometrics & much more!

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

COMBAT FORCE An interval style non-choreographed class, inspired by MMA Training. A mix of kickboxing, cardio and bodyweight conditioning; a great workout, that anyone can do! Train like an MMA Fighter and scorch the calories!

SENIOR BLAST A full body workout for the Active Adult, utilizing light weights to improve muscle strength and bone density. Increase your energy, stamina and balance with mobility and functional movement.

FIT CLUB An intermediate to advanced version of "Senior Blast." a very measured and monitored strength, cardiovascular and core training session.

TEMPO Move seamlessly through the 5 critical health components, Strength, Cardio, Muscle Endurance, Flexibility and Composition. Moderate intensity, interval style workout.

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.

REP'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!

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

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, 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 common discomforts of pregnancy. Our certified 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.

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.

***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)

CENTERGY Influenced by Barre, expect mat work that will define the core, glutes and more!

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

NEW CLASSES

TURBO CHAIR A fat burning mostly seated workout. This 30 minutes long cardio workout is designed for those with limited mobility, recovering from an injury who need a fun energetic higher intensity chair workout! Enjoy!

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, balance and mobility.

AQUA SURGE Metabolic Interval Training in the Pool! Work at a Higher Intensity than your normal pool aerobics without the impact. It will be a fast paced full body workout in shallow water!

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!

***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.

***DOWNSHIFT** 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 smooth 45-minute ride.

***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

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.

AQUA HIIT A Metabolic style High Intensity Interval Training in the Pool! Working at a High Intensity without the impact. A fast paced full body workout in shallow water!

AQUA SURGE Metabolic Interval Training in the Pool! Work at a Higher Intensity than your normal pool aerobics without the impact. It will be a fast paced full body workout in shallow water!