



# GROUP EXERCISE SCHEDULE

## YMCA OF MARTHA'S VINEYARD

# SEPTEMBER 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](http://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 <b>TUNED UP</b> Margarita	6:00-6:45am <b>*BODYPUMP</b> Sheryl	6:00-6:45am <b>TUNED UP</b> Margarita	6:00-6:45am <b>*BODYPUMP</b> Sheryl	6:00-6:45am <b>TUNED UP</b> Margarita		
	6:00-6:50am <b>*Y POWER CYCLE</b> Linda	7:00-7:50am <b>FLOW</b> Molly	6:00-6:50am <b>*Y POWER CYCLE</b> Linda	7:00-7:50am <b>FLOW</b> Molly		
8:00-8:50am <b>*Y POWER CYCLE</b> Linda	7:00-7:50am <b>TAI CHI</b> Corinne		7:00-7:50am <b>TAI CHI</b> Corinne		8:00-8:50am <b>*Y POWER CYCLE</b> Linda	
8:00-8:25am <b>STEAM XPRESS</b> Asil	8:00-8:50am <b>ZUMBA</b> Jane	8:00-8:25am <b>STEAM XPRESS</b> Amy	8:00-8:50am <b>ZUMBA</b> Jane	8:00-8:25am <b>STEAM XPRESS</b> Amy	8:00-8:45am <b>ZUMBA</b> Jane	
8:30-8:50am <b>AB-SOLUTION</b> Asil		8:30-8:50am <b>AB-SOLUTION</b> Amy		8:30-8:55am <b>CENTERGY</b> Amy		
	9:00-10:00am <b>*Y CYCLE</b> Lucia	9:00-10:00am <b>*Y CYCLE</b> Triva	9:00-10:00am <b>*Y CYCLE</b> Lucia	9:00-10:00am <b>*Y CYCLE</b> Triva	9:15-10:00am <b>*CYCLE PARTY</b> Babs	9:00-9:45am <b>*CYCLE PARTY</b> Babs
9:00-10:00am <b>*BODYPUMP</b> Melissa	9:00-10:00am <b>VINYASA YOGA</b> Sian	9:00-10:00am <b>*BODYPUMP</b> Leslie	9:00-10:00am <b>CORE YOGA</b> Sian	9:00-10:00am <b>*BODYPUMP</b> Leslie	9:00-10:00am <b>*BODYPUMP</b> Sheryl	9:30-10:30am <b>MAT PILATES</b> Judy
9:00-10:00am <b>*BARRE</b> Amy	10:15-11:15am <b>SILVER YOGA</b> Stephanie	9:00-10:00am <b>*BARRE</b> Amy	10:15-11:15am <b>SILVER YOGA</b> Stephanie		10:15-11:15am <b>POWER YOGA</b> Sian	10:45-11:45am <b>BLITZ</b> Donald
10:15-11:15am <b>MAT PILATES</b> Judy	10:15-11:00am <b>*DOWN SHIFT</b> Triva	10:15-11:15am <b>MAT PILATES</b> Judy	10:15-11:00am <b>*DOWN SHIFT</b> Triva	10:15-11:15am <b>VINYASA YOGA</b> Sian		
11:30-12:30pm <b>BALANCE OF POWER</b> Judy	11:30-12:30pm <b>STEAM</b> Asil	11:30-12:30pm <b>BALANCE OF POWER</b> Judy	11:30-12:30pm <b>STEAM</b> Amy	11:30-12:30pm <b>BALANCE OF POWER</b> Judy		
12:30-1:15p <b>AFTERNOON STRETCH</b> Triva	12:45-1:30pm <b>FIT CLUB</b> Triva	12:30-1:15p <b>AFTERNOON STRETCH</b> Triva	12:45-1:30pm <b>FIT CLUB</b> Triva			
		4:30-4:55pm <b>TEMPO</b> Melissa				
4:35-5:15pm <b>FUN-DAMENTAL YOGA</b> Ann	4:35-5:25pm <b>MAT PILATES</b> Judy	5:00-5:25pm <b>ABS:25</b> Melissa	4:35-5:25pm <b>MAT PILATES</b> Judy	4:35-5:15pm <b>VINYASA YOGA</b> Lucia		
5:30-6:15pm <b>*Y CYCLE</b> Jeannie		5:30-6:15pm <b>*CYCLE PARTY</b> Babs				
5:30-6:25pm <b>COMBAT FORCE</b> Melissa	5:30-6:30pm <b>*BODYPUMP</b> Sheryl	5:30-6:25pm <b>REP'S</b> Donald	5:30-6:30pm <b>*BODYPUMP</b> Leslie			<i>Classes are subject to change without notice</i>
6:30-7:30pm <b>PRENATAL YOGA</b> Fallon	6:45-7:45pm <b>ZUMBA DANCE</b> Julie	6:30-7:30pm <b>POWER YOGA</b> Sian	6:45-7:45pm <b>ZUMBA DANCE</b> 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!!

**\*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!

**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!

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

**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!

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

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

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

**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.

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

**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

**FLOW** An all levels Yoga class to unite mind body and breath. In this class you will coordinate breath with movement, calm your mind, and improve your physical health as well as emotional health. Find your inner strength while building physical strength.

**FUN-DAMENTAL YOGA** A well-balanced yoga practice begins with a sturdy foundation - attention on proper alignment, strength and flexibility, as well as focus and calmness in the mind. Perfect for all ages, 13 and up, more advanced posture options available in a judgement-free zone.

## 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.

**\*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

**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!

**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.