



GROUP EXERCISE SCHEDULE YMCA OF MARTHA'S VINEYARD

***Classes are subject to change without notice.*

FACILITY HOURS

Mon - Fri 5:30am - 9:00pm

Sat 7:00am - 5:00pm • Sun 8:00am - 2:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:50 Y-Cycle* Jeannie	5:45 - 6:45 Bodypump Sheryl	6:00-6:50 Y-Cycle* Jenn	5:45 - 6:45 Bodypump Sheryl	6:00-6:50 Y-Cycle* Jenn		
6:00-7:00 ZOOM Morning Mash Margarita	8:00-8:50 Y-Cycle* Linda	6:00-7:00 ZOOM Morning Motivator Margarita	6:00-7:00 Full Body* Luciana	6:00-7:00 Zumba* Lorena	8:00-8:50 Y-Cycle* Linda	
8:00-8:20 Absolution Asil		8:00-8:20 Absolution Amy	8:00-8:50 Y-Cycle* Linda		8:00-8:50 Zumba Max	
8:30-9:00 Steam X Asil	8:15-9:00 Deep & Aqua Leslie S	8:30-9:00 Steam X Amy	8:15-9:00 Deep & Aqua Leslie S	8:30-9:00 Steam X Amy		
8:30-9:15 Aqua Aerobics Jen	9:00-9:45 Aqua Aerobics Denise G	8:30-9:15 Aqua Aerobics Jen	9:00-9:45 Aqua Aerobics Denise G	8:30-9:15 Aqua Aerobics Jen		
9:15-10:15 Bodypump Margarita	9:00-10:00 Vinyasa Yoga Sian	9:15-10:15 Bodypump Melissa	9:00-10:00 Core Yoga Sian	9:15-10:15 Bodypump Leslie	9:15-10:15 Bodypump Sheryl	9:00-9:45 Cycle Party Babs
	10:45-11:15 Barre Express Amy	9:30-10:00 Y Cycle* Nina	10:45-11:15 Barre Express Amy	9:30-10:00 Y Cycle* Nina		9:30-10:30 Pilates Judy
10:00-11:00 ZOOM TED Talk Betty	10:00-10:45 ZOOM Sit 2B Fit Betty		10:00-10:45 ZOOM Sit 2B Fit Betty	10:00-10:45 ZOOM Everfit Betty		11:00 -12:00 Blitz Don
10:30-11:30 Pilates Judy	11:00-11:30 ZOOM HA HEAT Betty	10:30-11:30 Pilates Judy	11:45-12:30 BEACH WALKS - On Location - Betty	10:30-11:30 Yin Yoga Halley		
	11:30-12:30 Steam Asil		11:30-12:30 Steam Amy		12:00-1:00 Vinyasa Yoga Lorrane	
12:30-1:30 ZOOM Everfit Triva	12:30-1:30 ZOOM Fit Club Triva	12:30-1:00 ZOOM 1/2 Hr. Stretch Triva	12:30-1:30 ZOOM Fit Club Triva			
4:45 - 5:30 Sprint* Jeannie	4:30 - 5:20 Pilates Judy	4:30 - 5:15 Y Cycle* Jenn	4:30 - 5:20 Pilates Judy		Please Bring Your Own Mat, Water, Towel & Aqua Belt for Deep Water! All Live Classes can also be found on Zoom!* *With the exception of these classes What is Your Fitness Level? Low Mobility Novice Intermediate Caliente	
5:30 - 6:30 Kickboxing HIIT Melissa	5:30 - 6:30 Bodypump Leslie	5:30-6:30 REPS Don	5:30 - 6:30 Bodypump Margarita			
6:45-7:45 Prenatal Yoga Fallon	6:45-7:45 Zumba Dance Julie	6:45-7:45 Vinyasa Yoga Lorrane	6:45-7:45 Zumba Dance Julie			

Location Key

☐ Pavilion ☐ Pool ☐ ZOOM ONLY

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Inclement Weather Notice:

Classes can be held inside with the use of Masks.
Area is set up for 10 Members + Instructor - Spots set at 10 feet apart

YMCA OF MARTHA'S VINEYARD

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