



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 - 8:00pm • Sun 8:00am - 2:00pm

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

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 9 Members + Instructor - Spots set at 10 feet apart

YMCA OF MARTHA'S VINEYARD

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