



Y Without Walls - Virtual Fitness Classes

YMCA of Martha's Vineyard

For clickable class links go to:
www.ymcamv.org/fitness-schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>If you are having issues getting into any of these classes, please feel free to contact the instructor directly</p>	<p>8:00 Ab-Solution Zoom Asil 875-3201-4421</p>	<p>8:00 Ab-Solution Zoom Amy 875-3201-4421</p>	<p>8:00 Ab-Solution Zoom Asil 875-3201-4421</p>	<p>8:00 Ab-Solution Zoom Amy 875-3201-4421</p>		
	<p>8:30 Steam X Zoom Asil 875-3201-4421</p>	<p>8:30 Steam X Zoom Amy 875-3201-4421</p>	<p>8:30 Steam X Zoom Asil 875-3201-4421</p>	<p>8:30 Steam X Zoom Amy 875-3201-4421</p>		
	<p>9:00 Morning Mash Margarita 555-456-0302 PW - Motivate</p>	<p>8:00 Zumba Zoom Jane 736-351-5399</p>	<p>9:00 Morning Motivator Margarita 555-456-0302 PW - Motivate</p>	<p>8:00 Zumba Zoom Jane 736-351-5399</p>	<p>9:00 Morning Motivator Margarita 555-456-0302 PW - Motivate</p>	<p>9:00 Bodypump Sheryl 349-910-621</p>
	<p>9:15 Cycle Party Zoom Babs 282-065-7639 PW - mvymca</p>		<p>9:15 Cycle Party Zoom Babs 282-065-7639 PW - mvymca</p>	<p>9:00 Power Yoga Zoom Sian 844-0396-5880 Email for PW pandavine@yahoo.com</p>		<p>9:45 Zumba Zoom Sandy 645-456-2032</p>
	<p>9:30 Zumba Zoom Maxx 758-378-964</p>		<p>9:30 Zumba Zoom Maxx 519-344-7077</p>		<p>10:00 Pilates Zoom Judy 883-513-9406 PW - bongo</p>	
<p>10:00 Pilates Zoom Judy 883-513-9406 PW - bongo</p>	<p>10:00 Pilates Zoom Judy 883-513-9406 PW - bongo</p>	<p>10:00 Sit 2B Fit Zoom Betty 808-026-8687 PW - heart</p>	<p>10:00 Pilates Zoom Judy 883-513-9406 PW - bongo</p>	<p>10:00 Sit 2B Fit Zoom Betty 808-026-8687 PW - heart</p>	<p>10:00 Tai Chi & Chair Yoga Betty 808-026-8687 PW - heart</p>	
<p>11:00 Zumba Zoom Maxx 519-344-7077</p>	<p>10:00 TED Talk - Betty 808-026-8687 PW - heart</p>	<p>11:00 Heat - HA Strength Betty 808-026-8687 PW - heart</p>		<p>11:00 Heat - HA Strength Betty 808-026-8687 PW - heart</p>		
	<p>11:00 Post Instagram Daily HIIT Workouts - Melissa IG @ FitnessGypsy5</p>	<p>11:00 Post Instagram Daily HIIT Workouts - Melissa IG @ FitnessGypsy5</p>	<p>11:00 Post Instagram Daily HIIT Workouts - Melissa IG @ FitnessGypsy5</p>	<p>11:00 Post Instagram Daily HIIT Workouts - Melissa IG @ FitnessGypsy5</p>	<p>11:00 Post Instagram Daily HIIT Workouts - Melissa IG @ FitnessGypsy5</p>	
		<p>11:00 Bodypump Sheryl 349-910-621</p>		<p>11:00 Bodypump Sheryl 349-910-621</p>		
	<p>11:30 EverFit Triva Email for Invite triva.emery@gmail.com</p>	<p>12:30pm Fit Club Zoom Triva Email for Invite triva.emery@gmail.com</p>	<p>12:30pm 1/2 Hour Stretch Triva Email for Invite triva.emery@gmail.com</p>	<p>12:30pm Fit Club Zoom Triva Email for Invite triva.emery@gmail.com</p>	<p>11:00 Vineyasa Yoga Zoom Sian 869-1332-1013 Email for PW pandavine@yahoo.com</p>	<p>11:00 Power Yoga Zoom Sian 870-3472-8724 Email for PW pandavine@yahoo.com</p>
	<p>5:00pm Core Yoga Zoom Sian 869-1332-1013 Email for PW pandavine@yahoo.com</p>	<p>4:30pm Pilates Zoom Judy 883-513-9406 PW - bongo</p>	<p>5:00pm Yin Yoga Zoom Sian 820-4116-2827 Email for PW pandavine@yahoo.com</p>	<p>4:30pm Pilates Zoom Judy 883-513-9406 PW - bongo</p>		
	<p>6:30pm Pre-Natal Fallon 210-591-4470 PW - 327623</p>	<p>6:30pm Zumba Zoom Julie Email for Invite julie.meader@gmail.com</p>		<p>6:30pm Zumba Zoom Julie Email for Invite julie.meader@gmail.com</p>		

YMCA-MV Workouts
 Amy, Asil
 Betty, Melissa,
 Sheryl, Raz
 Don & More
 Every Week!

www.youtube.com/c/ymcamv

"Participation in on-line training comes with certain inherent risks, including the risk of medical events that could result in personal injury, death or disability. You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs and that you can participate safely. Do not start this fitness program if your physician or health care provider advises against it. YMCA-MV disclaims any liability for incidental or consequential damages associated with your participation in this fitness program and assumes no responsibility for loss, injury, or damage suffered by any person participating in this digital fitness program. In choosing to participate, you assume any and all risk associated with your participation and agree to indemnify and hold harmless YMCA-MV, its officers, directors, employees, volunteers, agents and representatives against any loss, liability, damage, cause of action, costs or expense of any nature whatsoever."