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# CLASS DESCRIPTIONS

**YMCA OF MARTHA’S VINEYARD**

**SPIRIT 🚴‍♂️ BODY 🧘‍♂️ MIND**

**NEW!**

**AGING BACKWARDS** - Strengthen, stretch, rebalance joints and loosen connective tissue without lifting a single weight!

<table>
<thead>
<tr>
<th>If you are a beginner to formal exercise, can get down on the floor and on and off a bike:</th>
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<tbody>
<tr>
<td>Everfit - For intermediate to advanced active agers, this is a high energy class with aerobic, core, weight training designed to improve endurance, strength of primary muscle groups.</td>
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<tr>
<td>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.</td>
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<tr>
<td>Tai Chi - The practice of letting go of our resistance to change through dynamic relaxation, energy cultivation, conservation and self-defense. This class covers basic stretching and warm-ups and universally known 7 Minute Tai Chi form.</td>
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<tr>
<td>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.</td>
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<tr>
<td>Mat Pilates - Classical Pilates mat, a total body workout emphasizing core strength, muscular length, strength and flexibility. A challenging class across the spectrum from novice to athlete.</td>
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<tr>
<td>Water Aerobics - For Swimmers and non-swimmers, this class is designed to improve cardiovascular fitness, to improve muscle strength, flexibility.</td>
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<tr>
<td><em>SMOOTH RIDE</em> A Low-key Cycle Workout that will still burn lots of calories. Come get in a smooth 45-minute ride.</td>
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</table>

**If getting down on the floor or mat is difficult:**

SIT 2b FIT - This class builds strength (both sitting and standing), functional fitness, flexibility and balance.

Water Aerobics - For Swimmers and non-swimmers, this class is designed to improve cardiovascular fitness, to improve muscle strength, flexibility.

Down Shift - A beginner level suited to learn the basics of cycling. Perfect for new riders, active agers and rehabilitation.

<table>
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<th>If you are comfortable with weights, interval training and intense core work, already active and want to push your training up a notch:</th>
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<tbody>
<tr>
<td>Fit Club – A more advanced class for healthy agers, adding higher intensity to the Senior Blast class. With all the same benefits and primary muscle groups. Not for the faint of heart!</td>
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<td>Body Pump - Original barbell class that strengthens the entire body and challenges all major muscle groups.</td>
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<tr>
<td>Zumba Dance – Take what you do in Zumba and add the party! Dance till you drop with choreographed, music driven, Latin inspired Zumba dance.</td>
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<td>Deep Water Training - Train in the deep end wearing a flotation belt to experience this program. Alternate between high and low intensity moves to increase power and strength, and improve cardiovascular endurance.</td>
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<tr>
<td>Aqua HIIT - High intensity interval training in the pool. This is a shallow water workout high in intensity without the impact.</td>
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<tr>
<td>Vinyasa Yoga- Vinyasa translates as, &quot;to place with care&quot;, and yoga translates as &quot;to yoke&quot;. 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.</td>
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<tr>
<td>Y Cycle - Workout focusing on endurance, strength, intervals, intensity and recovery to simulate a ride in real terrain. For all skill levels, an all-terrain adventure</td>
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<tr>
<td>Cycle Party – Climb, Jog Sprint and dance for 45 minutes. Great cardio workout using handweights.</td>
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</tbody>
</table>

**YES YOU CAN...**

Modifications are anticipated by all instructors in all classes

Please contact Betty Robie, Healthy Aging Coordinator, at brobie@ymcamv.org with any questions.