

# HEALTHY AGERS SCHEDULE

## FACILITY HOURS

MON - FRI 5:30AM - 9:00PM

SAT 7:00AM - 8:00PM

SUN 8:00AM - 6:00PM



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

- Soft on Joints
- Beginner to Group X
- Training Up a Notch
- Tough Alternative

### 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45-6:45am <b>*BODYPUMP</b> Sheryl		5:45-6:45am <b>*BODYPUMP</b> Sheryl			
	6:00-6:50am <b>*Y POWER CYCLE</b> Linda		6:00-6:50am <b>*Y POWER CYCLE</b> Linda			
8:00-8:50am <b>*POWER CYCLE</b> Linda	7:00-7:50am <b>TAI CHI</b> Corinne		7:00-7:50am <b>TAI CHI</b> Corinne		7:00-8:00am <b>LM TONE</b> Melissa/Triva	
8:00 - 9:00 <b>WATER WALKERS</b> Volunteer	8:30 - 9:15 <b>DEEP WATER</b> Leslie S	8:00 - 9:00 <b>WATER WALKERS</b> Volunteer	8:30 - 9:15 <b>DEEP WATER</b> Leslie S	8:00 - 9:00 <b>WATER WALKERS</b> Volunteer	8:00-8:50am <b>*POWER CYCLE</b> Linda	
8:30 - 9:15 <b>WATER AEROBICS</b> Leslie C	8:00-8:50am <b>ZUMBA</b> Jane	8:30 - 9:15 <b>WATER AEROBICS</b> Leslie C	8:00-8:50am <b>ZUMBA</b> Jane	8:30 - 9:15 <b>WATER AEROBICS</b> Leslie C	8:00-8:50am <b>ZUMBA</b> Jane	
9:00-10:00am <b>*BARRE</b> Amy	9:00-10:00am <b>*Y CYCLE</b> Lucia	9:00-10:00am <b>*BARRE</b> Amy	9:00-10:00am <b>*Y CYCLE</b> Lucia	9:00-10:00am <b>*Y CYCLE</b> Triva	9:15-10:00am <b>*Y CYCLE</b> Jeanne/Lucia	9:00-9:45am <b>*CYCLE PARTY</b> Babs
	9:00-10:00am <b>VINYASA YOGA</b> Sian	9:00-10:00am <b>*Y CYCLE</b> Triva				
9:00-10:00am <b>*BODYPUMP</b> Melissa	9:30 - 10:15am <b>SIT 2B FIT</b> Betty	9:00-10:00am <b>*BODYPUMP</b> Leslie	9:30 - 10:15am <b>SIT 2B FIT</b> Betty	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
9:30 - 10:15 <b>WATER AEROBICS</b> Margarita	9:30 - 10:30 <b>AQUA HIIT</b> Jen	9:30 - 10:15 <b>WATER AEROBICS</b> Margarita	9:30 - 10:30 <b>AQUA HIIT</b> Jen	9:30 - 10:15 <b>WATER AEROBICS</b> Margarita		
10:15-11:15am <b>MAT PILATES</b> Judy	10:30-11:15am <b>*DOWN SHIFT</b> Triva	10:15-11:15am <b>MAT PILATES</b> Judy	10:30-11:15am <b>*DOWN SHIFT</b> Triva	10:15-11:15am <b>VINYASA YOGA</b> Sian		
	10:15-11:15am <b>SILVER YOGA</b> Stephanie	10:15 - 10:45 <b>TURBO CHAIR</b> Betty	10:15-11:15am <b>SILVER YOGA</b> Stephanie	11:30-12:30pm <b>EVERFIT</b> Judy		
11:30-12:30pm <b>EVERFIT</b> Triva	12:45-1:30pm <b>FIT CLUB</b> Triva	11:30-12:30pm <b>EVERFIT</b> Betty	12:45-1:30pm <b>FIT CLUB</b> Triva			
	4:35-5:25pm <b>MAT PILATES</b> Judy		4:35-5:25pm <b>MAT PILATES</b> Judy			
4:35-5:25pm <b>VINYASA YOGA</b> Lucia	4:45-5:30pm <b>*Y CYCLE</b> Triva	4:30-4:55pm <b>LM TONE</b> Melissa	4:45-5:30pm <b>*SMOOTH RIDE</b> Jeannie	4:35-5:25pm <b>LM TONE</b> Sheryl		
5:30-6:15pm <b>*Y CYCLE</b> Jeannie	5:30-6:30pm <b>*BODYPUMP</b> Margarita	5:30-6:15pm <b>*CYCLE PARTY</b> Babs	5:30-6:30pm <b>*BODYPUMP</b> Leslie	5:30-6:15pm <b>*CYCLE PARTY</b> Babs		
	6:30 - 7:30 <b>AQUA HIIT</b> Jen					Classes are subject to change without notice
	6:45-7:45pm <b>ZUMBA DANCE</b> Julie		6:45-7:45pm <b>ZUMBA DANCE</b> Julie			Cycle classes held in Teen Center Studio 2

# Exercise your heart in more ways than one

## CLASS DESCRIPTIONS

YMCA OF MARTHA'S VINEYARD

**SPIRIT**  **BODY**  **MIND**

**YES YOU CAN...**  
Modifications are anticipated by all instructors in all classes

 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.

**Turbo Chair** - A fat burning mostly seated workout. This 30 minutes long cardio workout is designed for those with limited mobility, recovering from an injury who need a fun energetic higher intensity chair workout! Enjoy!

**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.

**Water Walkers** - Water walking is proven to be great exercise for strengthening the low back. Burn those calories in the Rec Pool. Wear water protective foot wear and any clean clothing - no bathing suit required! This is a self monitoring walking club.

**BROADWAY DANCE** Learn the classic dance steps with former Broadway dancer and Pilates instructor Judy Kranz. All levels welcome, no experience necessary. A fun, low impact workout!

 If you are a beginner to formal exercise, can get down on the floor and on and off a bike:

**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.

**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.


**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.

**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.

**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.

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

**\*SMOOTH RIDE** A Low-key Cycle Workout that will still burn lots of calories. Come get in a smooth 45-minute ride.

 If you are comfortable with weights, interval training and intense core work, already active and want to push your training up a notch:

**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!

**Body Pump** - Original barbell class that strengthens the entire body and challenges all major muscle groups.

**Zumba Dance** - Take what you do in Zumba and add the party! Dance till you drop with choreographed, music driven, Latin inspired Zumba dance.

**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.

**Aqua HIIT** - High intensity interval training in the pool. This is a shallow water workout high in intensity without the impact.

**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.

**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

**Cycle Party** - Climb, Jog Sprint and dance for 45 minutes. Great cardio workout using handweights.

Please contact **Betty Robie, Healthy Aging Coordinator**, at [brobie@ymcamv.org](mailto:brobie@ymcamv.org) with any questions.

