



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 Morning Mash Margarita	8:00-8:50 Y-Cycle* Linda	6:00-7:00 Morning Motivator Margarita	6:00-7:00 Full Body* Luciana	6:00-7:00 Zumba* Lorena		
8:00-8:20 Absolution Asil	8:00-8:50 Zumba Max	8:00-8:20 Absolution Amy	8:00-8:50 Y-Cycle* Linda	8:00-8:50 Zumba Max	8:00-8:50 Y-Cycle* Linda	
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	11:30-12:30 Steam Asil	10:30-11:25 Pilates Judy	11:30-12:30 Steam Amy	10:30-11:30 Yin Yoga Halley	10:30 - 11:30 Power Yoga Sian	
11:45-12:30 BEACH WALKS - On Location - Bett		11:30-12:30 Everfit Judy				
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	4:45 - 5:30 Y Cycle* Jenn	4:30 - 5:20 Pilates Judy		<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Please Bring Your Own Mat, Water, Towel & Aqua Belt for Deep Water!</p> </div>	
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 Sian	6:45-7:45 Zumba Dance Julie			

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

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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