**A Matter of Balance**

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YMCA of Martha's Vineyard Swartz Family Facility    Home of Alex's Place

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**LEVEL 1** **CHAIR POWER        Monday & Wednesday Mornings at 11:00**

This 30 Minute, low-impact exercise class is ideal for those who've not been as active as they know they ought to be, and want a gentle approach to become for fit. Emphasis on flexibility, strength building, balance & body mechanics

**LEVEL 2**  **BALANCE OF POWER**   **Monday/Wednesday/Friday at 11:30**

A one-hour class specifically designed for our island and visiting elders (55+), BOP focuses not only on enhancing your balance, but building your strength and coordination. The one criterion for this challenging class is PATIENCE - with yourself and the process.  Concentration on Balance & Flexibility, Strength & Endurance, Low Impact Aerobics & Core Building.  (and there's always a few "thoughtful surprises" tossed into each class to keep things interesting).

**LEVEL 3**  **BALANCE OF POWER 2**   **Tuesday & Thursday at 12:45**

 A 45 Minute intermediate-to-advanced level version of "Balance of Power." In addition to continuing our focus on strength building and balance enhancement, we engage in a slower version of H.I.I.T. (High Intensity Interval Training). This will get your heart pumping! BUT, you stop when you feel you need to - LISTEN TO WHAT YOUR BODY IS TELLING YOU! This class is for those Baby Boomers who are veterans of Balance of Power and feel the need to "take it to the next level."

**“Mechanics"  Friday Mornings at 8:00**

Learn the mechanics - muscle activation - of certain exercises (a new exercise will be the focus each week). This will help prevent injury, enhance your workout and produce much more noticeable results.

25 Minute class

**“Tread Lightly...or Not" Wednesdays at 12:30**

If you're looking for a challenging aerobic activity that spares your

joints, join us for some deep water treading.  When you tread water, you

create surface-area pressure; your abdominals and the muscles of your

hips, back and chest, and even your feet and hands, are all recruited to

perform the hard work of pushing back against the water and maintaining

your body's vertical position in such an unstable environment. If you

tire too quickly to keep your head above the surface, try wearing a

Flotation Belts (which will be provided)

This is ideal for anyone with lower back issues, knee or hip replacements

who wants to work their heart and increase lung capacity.