

PERSONAL TRAINING

PERSONAL TRAINING SESSIONS

Private: \$85.00/hr.

Package of 11 Sessions \$850.00 (*one free session included*)

PRIVATE YOGA/PILATES SESSIONS

\$85.00/hr.

SPORT SPECIFIC TRAINING FOR SQUASH/TENNIS

\$85.00/hr.

PERSONAL TRAINERS & INSTRUCTORS

GRIFFIN HUGHES: Wellness Director/Personal Trainer

MELISSA ALDEBORGH: Personal Trainer/Instructor

ROBERT SIDOTI: Personal Trainer/Yoga Instructor

MATT HOOD: Squash Pro/Sport Specific Trainer

CAITLIN COOK: Pilates Instructor

SANDRA STONE: Zumba Instructor

BENNETT COFFEY: Yoga Instructor/Holistic Nutrition Counselor

SIAN WILLIAMS: Yoga Instructor



THE BOATHOUSE FITNESS CENTER

508 627-3535 ext 202

~ SPRING ~

May 1st through May 28th

8 am to 12 pm Daily

~ SUMMER ~

May 29th through September 6th

7 am to 7 pm Daily

~ FALL ~

September 7th through October 31st

8 am to 12 pm Daily

POLICIES & PROCEDURES

The following rules are designed to provide the maximum degree of protection to Members and Guests.

- All Members and Guests must register at the Fitness Center desk.
- Members and Guests must have an updated signed Par Q form and release on file with the Fitness Supervisor.
- NO CHILD UNDER THE AGE OF 13 is allowed in the facility at any time.
- Youths ages 13-15 years old may use the Fitness Center but must be accompanied by a parent or guardian (21 years or older) and have an updated parental consent and waiver on file with the Fitness Center Director.
- NO INFANTS IN BACKPACKS OR STROLLERS are allowed in any Fitness Center area.
- Proper athletic attire required: sneakers or rubber bottom footwear, shirt, shorts, pants (no jeans or cut off shorts), etc. NO swimsuits, bare feet or flip flops are allowed.
- No black rubber bottom footwear is allowed in the squash court and all participants must wear protective eye wear.
- Reservations are required for the squash court. Courts may be reserved for up to one hour by calling the Fitness Center desk.
- Beverages in closeable containers are permitted in the Fitness Center. Food is permitted in the Center's common areas ONLY.
- All equipment must be returned to proper areas; balls, mats, and re-rack all weights upon completion.
- Sanitization of equipment after each use is mandatory.
- Training by anyone other than a Fitness Center staff member is not permitted.
- Cell phone use is prohibited in any wellness areas.



THE BOATHOUSE

P.O. Box 2340, Edgartown, MA 02539
508.627.3535 • www.boathousemv.com



THE BOATHOUSE
FITNESS
SUMMER 2010

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THE FITNESS CENTER



THE BOATHOUSE Fitness Center is the premier Fitness Center on Martha's Vineyard. Members enjoy the very best top-of-the-line cardio and strength training equipment from Life Fitness, Precor and Hoist. A professional staff of instructors offer daily classes of Yoga, Pilates, Interval Training, Core and Circuit Training to guide and support members in their fitness goals.



The soothing décor, high ceilings, picturesque water view



and large panoramic windows provide a natural and dynamic setting for a workout. On the lower level is the Island's only International Singles Squash Court and locker rooms with saunas, steam rooms and outdoor hot tubs.

GROUP FITNESS CLASSES

The class schedule is subject to change; please check with the Fitness Center front desk.

YOGA

Class emphasis is on alignment, breath and flowing movements. The poses will strengthen and lengthen your muscles, stabilize your joints and ease physical tension. This is a non-competitive class that is safe, challenging and restorative.

YOGA CORE

The focus is on the mid section of the body from chest to knees. This class takes you through yoga postures that develop core strength to help tone the body and prevent injury. Breath work and warm-ups lead into standing and balancing postures. The class ends with floor work focusing on the abdomen.

YOGA FOR TENNIS

This class focuses on strengthening the body with sun salutations and warrior postures, to train the body to be supple and flexible with all the demands of tennis. Emphasis is on developing shoulder and arm strength, as well as exercises for the wrists and hands. Learn breathing techniques to help you stay calm and focused on the court.

BROGA™

Robert Sidoti's signature strength and yoga class for men (women welcome too). Deepen your flexibility with postures that target typically tight areas (hamstrings, low back, and hips) and build muscle and power in the arms, legs and core. Improve your balance and stabilize and strengthen the entire body. Be ready to sweat!

ROC-IT CIRCUIT TRAINING

Maintaining muscle mass is crucial to optimal health as we age. This guided 30 minute circuit class will work every major muscle group with short rest in between sets. Take this opportunity to take the guess work out of strength training and learn how to properly use the Hoist equipment on the main Fitness floor.

CORE AND CONDITIONING

This class will strengthen the muscles of the trunk utilizing the stability ball, Bosu, body weight and dumbbells. Exercises are safe, effective and very challenging with short rest mixed in with cardio conditioning intervals.

LES MILLS BODYCOMBAT™

BODYCOMBAT™ is a non-combat, martial arts-based fitness program with moves drawn from Karate, Tae Kwan Do, Kung Fu, kickboxing, Muay Thai and Tai Chi. Each 55-minute BODYCOMBAT™ class is choreographed to 10 tracks of the latest music, providing an exhilarating exercise experience that delivers ultra-fast fitness results. Improve heart and lung function, reduce the risk of heart disease, improve bone density, build self confidence, and of course, torch calories for a leaner body!

ZUMBA

A Fusion of Latin and International dance moves that create a dynamic and exciting cardio workout.

EQUIPMENT

CARDIO EQUIPMENT

All cardio equipment feature 15" LCD high definition screens with Cardio Theatre cable television to help power you through your workout.

- 6 Life Fitness Treadmills
- 3 Precor Advanced Motion Trainers
- 2 Precor Recumbent Bikes
- 3 Precor Fixed Arm Elliptical Trainers
- 2 Upright Precor Spinning Bikes.
- 1 Fluid Rower Rowing Machine (*features real water to simulate actual, natural rowing*)

HOIST

Hoist strength training equipment was developed in conjunction with the American Council on Exercise and designed to encourage participation and provide workouts that are challenging, beneficial and FUN!



Each piece of equipment is easy to use and provides integrated head support for a neutral spine. The rearward rocking motion of each machine provides the only functional core training of any strength machine on the market today.