

HELPING YOU LIVE HEALTHIER
Gymnasium-Front Half
March 4-April 14



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30-6:30 am Strength Train Together Leslie		5:30-6:30 am Strength Train Together Leslie			
		7:00-7:50 am Tabata Bootcamp Katrina		7:00-7:50 am Tabata Bootcamp Katrina		8:15-9:10am Strength Train Together ★ Erin/Leslie
8:00-8:55am Strength Train Together ★ Leslie	8:00-8:55 am Active Together Ginette	8:00-9:00 am Zumba Susan	8:00-8:55 am Active Together Annette	8:00-9:00 am Step Jane ★		9:15-10:10 am Step & Strength Jane ★
			9:15-10:10 am Strength Train Together ★ Lorelei			10:15-11:15 am BollyX Bhavika
5:30-6:25 pm Dynamic Strength Cori						
6:35-7:35 pm Strength Train Together ★ Lorelei		7:00-8:00pm Step & Strength Jane ★				

Group Exercise Policies

- To run the entirety of a class, minimum of 2 participants must be in attendance
- Classes with a ★ please pick up a number at the Service Desk to attend class

KEEP THIS NUMBER WITH YOU UNTIL COLLECTED BY THE INSTRUCTOR

- Do Arrive to class within the first 10 minutes
- For the safety of the children and others, participants must be 12 y.o. or older
- Participants 12- 15 must be with parent or guardian
- If new to exercise, please advise with your doctor before starting an exercise routine
- Schedule is subject to change, please keep an eye out for signage and other member communication



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BollyX– A Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. Its cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and smiling.

Dynamic Strength–This class covers a variety formats and various use of equipment. Dynamic Strength is a strength training workout you will work your entire body including your core through cardio, strength, and stability in each class.

Active Together– Get all the training you need in one hour— cardio, strength , balance, and flexibility. Get stronger and healthier with inspiring music, adjustable dumbbells, weighted plates, body weight and simple athletic movements.

Step/Step & Strength–Traditional step moves and patterns, as well as advanced choreography. Strength training added in Step & Strength classes and core exercises added in Step & Abs.

Strength Train Together– Blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises.

Tabata Bootcamp– A high intensity type of interval training to reach new heights in your fitness training.

Zumba/Zumba Toning/Zumba for Seniors–Latin and international upbeat fun music with dance rhythms from slow to face paced. Zumba toning adds slower rhythms and body movements to increase strength. Zumba for Seniors is a slower paced class.

Questions? contact Leslie Schofield at
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