



HELPING YOU LIVE HEALTHIER
Metrowest YMCA
September 3 until NEW Room!

DURING CONSTRUCTION GROUP EX 1 PAGE SCHEDULE

	TIME	CLASS	TICKET REQUIRED	INSTRUCTOR	LOCATION
	Monday	8:00-9:00 am	Strength Train Together	*	Leslie
9:15-10:15 am		Step & Strength		Annette	Gymnasium-Front Half
10:00-11:00 am		Vinyasa Flow	*	Erin	Spirit Mind Body
10:30-11:30 am		Strength	*	Lauren	Large Conference Room
11:45 am-12:45 pm		Senior Fitness	*	Annette	Spirit Mind Body
12:00-1:00 pm		Yoga Strength	*	Joe	Large Conference Room
5:30-6:25 pm		Dynamic Strength		Cori	Gymnasium-Front Half
6:00-7:00 pm		Pilates		Jane	Spirit Mind Body
6:35-7:35 pm		Strength Train Together	*	Lorelei	Gymnasium-Front Half
7:15-8:30 pm		Gentle Yoga		Debra	Spirit Mind Body
7:30-8:30 pm		BollyX	*	Shalini	Large Conference Room
Tuesday	5:30-6:30 am	Strength Train Together		Leslie	Gymnasium-Front Half
	8:00-9:00 am	Active Together		Genette	Gymnasium-Front Half
	9:15-10:15 am	Strength Train Together	*	Erin	Gymnasium-Front Half
	9:15-10:15 am	Pilates		Genette	Spirit Mind Body
	9:15-10:15 am	Senior Fitness	*	Annette	Large Conference Room
	10:15-11:15 am	Senior Fitness	*	Annette	Large Conference Room
	10:30-11:30 am	Gentle Yoga	*	Erin	Spirit Mind Body
	12:00-1:00 pm	Strength		Annette	Spirit Mind Body
	5:30-6:30 pm	Zumba	*	Staff	Large Conference Room
	5:30-6:30 pm	Gentle Yoga		Mary Beth	Spirit Mind Body
	6:35-7:35 pm	Step & Strength	*	Jane	Gymnasium-Front Half
	7:15-8:30 pm	Power Yoga		Cheryl	Spirit Mind Body
	7:45-8:45 pm	Zumba	*	Nikki	Large Conference Room
Wednesday	7:00-7:50 am	Tabata Bootcamp		Katrina	Gymnasium-Front Half
	8:00-9:00 am	Zumba		Susan	Gymnasium-Front Half
	9:15-10:15 am	Circuit		Jane	Gymnasium-Front Half
	9:30-10:30 am	Power Yoga		Erin	Spirit Mind Body
	10:30-11:30 am	Senior Fitness		Annette	Gymnasium-Front Half
	5:30-6:25 pm	Mindful Yoga		Jennifer	Spirit Mind Body
	6:00-7:00 pm	Active Together	*	Jane	Gymnasium-Front Half
	6:30-7:25 pm	Zumba & Zumba Toning	*	Jill	Spirit Mind Body
	7:30-8:45 pm	Hatha Yoga		Ali	Spirit Mind Body
Thursday	5:30-6:30 am	Strength Train Together		Leslie	Gymnasium-Front Half
	8:00-9:00 am	Active Together		Annette	Gymnasium-Front Half
	9:15-10:15 am	Strength Train Together	*	Lorelei	Gymnasium-Front Half
	9:15-10:15 am	Power Yoga		Laurie	Spirit Mind Body
	9:15-10:15 am	Senior Fitness	*	Annette	Large Conference Room
	10:15-11:15 am	Senior Fitness	*	Annette	Large Conference Room
	10:30-11:30 am	Gentle Yoga	*	Laurie	Spirit Mind Body
	11:45-12:30 pm	Strength Express		Annette	Spirit Mind Body
	5:30-6:30 pm	Yoga Shred Inspired Flow		Erin	Spirit Mind Body
	7:45-8:45 pm	Zumba	*	Nikki	Large Conference Room
Friday	6:00-7:00 am	Sunrise Yoga		Laura N.	Large Conference Room
	7:00-7:50 am	Tabata Bootcamp		Katrina	Gymnasium-Front Half
	8:00-9:00 am	Step	*	Jane	Gymnasium-Front Half
	9:15-10:15 am	Core fusion	*	Jane	Large Conference Room
	9:15-10:15 am	Pilates		Genette	Spirit Mind Body
	10:30-11:30 am	Senior Zumba	*	Susan	Spirit Mind Body
	11:00-11:30 am	Balance		Annette	Large Conference Room
	12:00-1:00 pm	Yoga Strength	*	Joe	Large Conference Room
	12:00-1:00 pm	Strength & Cardio		Annette	Spirit Mind Body
	5:30-6:30 pm	Zumba	*	Staff	Spirit Mind Body

HAVE A HAPPY AND HEALTHY DAY!



Saturday	TIME	CLASS	TICKET REQUIRED	INSTRUCTOR	LOCATION
	8:00-9:00 am	Pilates & Core Dynamics	*	Jane	Spirit Mind Body
	9:15-10:30 am	Step & Strength	*	Jane	Gymnasium-Front Half
	9:30-10:45 am	Power Yoga		Cheryl	Spirit Mind Body
	11:00-12:00 pm	Zumba	*	Krystal	Spirit Mind Body
Sunday	TIME	CLASS	TICKET REQUIRED	INSTRUCTOR	LOCATION
	8:00-9:00am	Strength Train Together	*	Erin	Gymnasium-Front Half
	8:30-9:45 am	Yoga		Raisa	Spirit Mind Body
	9:15-10:15 am	Bootcamp		Brian	Gymnasium-Front Half
	10:15-11:15 am	BollyX	* ROOM CHANGE	Bhavika	Large Conference Room

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 within the hour prior to class start time
- 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

CLASS DESCRIPTIONS

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.

Balance– Encourages members to integrate stability drills with environmental obstacle navigation to improve overall functional balance.

BW/Body Weight Circuit– A class targeting all major muscle groups giving a total body workout utilizing different equipment. Stations around the room may be utilized as well as exercise can be timed with variable periods.

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.

Boot Camp/TabataBootcamp–Body weight exercises, interval training, functional movements and agility drills. Instructors use different equipment to challenge, inspire, and motivate participants while offering modifications to accommodate all levels of fitness.

Core Fusion: Strengthen and lengthen your muscles, improve posture and balance, and prepare your body for everyday life! Using squishy balls, weighted bars, weights and gliding discs, this class from Pilates, Barre, and other disciplines. For all bodies!

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.

Low Impact Cardio & Sculpt/Strength & Cardio– Build muscle, burn fat and get your heart pumping while focusing on total body strengthening and balance

Pilates/Core-Dynamics– Controlled movements focusing on the core muscles to increase total body strength and flexibility. Pilates can be standing and floor exercises.

Senior Fitness–Low impact aerobics followed by muscle conditioning, flexibility and balance using bands, balls, gliders and more to work the fine motor skills.

Strength/Strength Express–Various exercises with different equipment options to tone the body and gain overall strength

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.

Gentle Yoga–Gentle strengthening yoga postures to increase strength, balance and flexibility. Breathing techniques for better focus will be incorporated.

Hatha/Mindful Yoga: Using– breath, meditation, and postures. Great for beginning your practice.

Yoga Strength– A power yoga class with sequences of postures to stretch, strengthen and balance the body.

Yoga Shred Inspired Flow – A blend of Yoga with HIIT (High Intensity Interval Training). Yoga helps the body cleanse itself, builds endurance, strength, flexibility, balance, and peacefulness. HIIT is a training technique in which you give all-out effort through quick, intense bursts of exercise followed by short recovery periods; increasing your metabolism, and burning more fat in less time. This class blends the best of what Yoga and HIIT have to offer.

Power-Vin Yoga– A blend of power and Vinyasa for the experienced practitioner.

Sunrise Yoga: Start out with a Gentle Flow to wake up your body. Moving toward more powerful moves as the hour progresses. A great way to start your day!

Vinyasa Flow Yoga–Vinyasa means: fluidly move through postures while synchronizing breath and movement. The class will learn to activate deep core muscles to strengthen, tone, increase flexibility and mobility of the whole body.

Power Yoga– Yoga postures with quicker movements while synchronizing breath with each movement. More challenging postures as the session progresses.

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 508-879-4420 ext. 231 or Ischofield@metrowestymca.org

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