



HELPING YOU LIVE HEALTHIER
Metrowest YMCA
December 24, 2021-January 2, 2022

**All classes are 55 min
 unless otherwise
 stated.**

Friday (12/24) Y CLOSES at 1:30 PM	TIME	CLASS	INSTRUCTOR	LOCATION
	6:00 AM	FT	Matt	FT/ Turf Area
	8:15 AM	Core Fusion (also ONLINE)	Jane	Studio A
	9:15 AM	Step & Strength	Jane	Studio A
	10:30 AM	Senior Fitness (also ONLINE)	Annette	Gym
	10:30 AM	FT	Matt	FT/ Turf Area
	12:00 PM	Yoga Strength	Joe	Studio A
Saturday (12/25) CLOSED - NO CLASSES				
Sunday (12/26)	TIME	CLASS	INSTRUCTOR	LOCATION
	8:15 AM	TRX	Laura	Studio A
	9:15 AM	Essentrics	Laura	Studio A
	10:30 AM	Gentle Yoga	Raisa	Studio A
	11:30 AM	BollyX	Farheen	Studio A
Monday (12/27)	TIME	CLASS	INSTRUCTOR	LOCATION
	6:00 AM	FT	Matt	FT/ Turf Area
	6:00 AM	Cycle	Sam	Cycle Studio
	8:00 AM	Active Together	Jane	Studio A
	10:00-10:45 AM	Age Reversing Essentrics	Laura	Studio A
	10:30 AM	Chair Yoga	Laurie	ONLINE ONLY
	11:00-11:45 AM	Parkinson's	Laura	Studio A
	12:00 PM	Yoga Strength	Joe	Studio A
	5:00 PM	Power Yoga	Nissa	Studio A
	6:15 PM	Step & Strength	Annette	Studio A
7:45 PM	Zumba	Andrei	Studio A	
Tuesday (12/28)	TIME	CLASS	INSTRUCTOR	LOCATION
	6:00 AM	FT	Matt	FT/ Turf Area
	7:15 AM	Vinyasa Flow Yoga	Joe	Studio A
	9:15 AM	Strength Circuit	Jane	Studio A
	10:30 AM	Senior Fitness (also ONLINE)	Annette	Studio A
	6:00 PM	FT	Stephen	FT/ Turf Area

HAVE A HAPPY AND HEALTHY DAY!



HELPING YOU LIVE HEALTHIER
Metrowest YMCA
December 24, 2021-January 2, 2022

**All classes are 55 min
 unless otherwise
 stated.**

Wednesday (12/29)	TIME	CLASS	INSTRUCTOR	LOCATION
	6:00 AM	FT	Matt	FT/ Turf Area
	6:00 AM	Cycle	Sam	Cycle Studio
	9:15 AM	Pilates (also ONLINE)	Annette	Studio A
	10:30 AM	FT	Katrina	FT/ Turf Area
	10:30 AM	Senior Fitness (also ONLINE)	Annette	Gym
	11:00-11:45 AM	Parkinson's	Jane	Studio A
	5:00 PM	Power Yoga	Nissa	Studio A
	6:00 PM	FT	Stephen	FT/ Turf Area
	6:15 PM	Active Together	Jane	Studio A
	7:45 PM	Zumba	Andrei	Studio A
Thursday (12/30)	TIME	CLASS	INSTRUCTOR	LOCATION
	6:00 AM	FT	Katrina/ Matt	FT/ Turf Area
	10:30 AM	FT	Katrina	FT/ Turf Area
	5:15 PM	Cycle	Leslie	Cycle Studio
	6:00 PM	FT	Stephen	FT/ Turf Area
	6:30 PM	Strength Train Together	Leslie	Studio A
Friday (12/31) Y CLOSES at 5:30 pm	TIME	CLASS	INSTRUCTOR	LOCATION
	6:00 AM	FT	Matt	FT/ Turf Area
	8:15 AM	Core Fusion (also ONLINE)	Jane	Studio A
	9:15 AM	Step & Strength	Jane	Studio A
	10:30 AM	FT	Katrina	FT/ Turf Area
	10:30 AM	Senior Fitness	Nissa	Gym

HAVE A HAPPY AND HEALTHY DAY!



HELPING YOU LIVE HEALTHIER
Metrowest YMCA
December 24, 2021-January 2, 2022

**All classes are 55 min
 unless otherwise
 stated.**

Saturday (1/1) Y OPEN 1-5 pm	TIME	CLASS	INSTRUCTOR	LOCATION
	1:15 PM	Defend Together	Stephen	Studio A
	2:30 PM	FT	Stephen	FT/ Turf Area
	3:45 PM	Yoga	Nissa	Studio A
Sunday (1/2)	TIME	CLASS	INSTRUCTOR	LOCATION
	7:15-8:00 AM	Cycle	Leslie	Cycle Studio
	8:15-9:00 AM	TRX	Leslie	Studio A
	10:00 AM	FT	Leslie	FT/ Turf Area
	9:15 AM	Essentrics	Laura	Studio A
	10:30 AM	Gentle Yoga	Raisa	Studio A
	11:30 AM	BollyX	Farheen	Studio A

All classes are 55 min unless otherwise stated.

Disclaimer: As with all exercise programs, you need to use caution and listen to your body. By performing any fitness exercises, you are performing them at your own risk. We encourage you to exercise at your own pace and stop if you are feeling pain or feel dizzy.

HAVE A HAPPY AND HEALTHY DAY!



HELPING YOU LIVE HEALTHIER
Metrowest YMCA
December 24, 2021-January 2, 2022

**All classes are 55 min
unless otherwise
stated.**

HAVE A HAPPY AND HEALTHY DAY!