

# FITNESS SCHEDULE @ METROWEST YMCA

July 14-September 4, 2022

**SUNDAY      MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY**

Schedules are subject to change, please keep an eye on MotionVibe as that should have the most up-to-date information.

**ALL CLASSES ARE 55 MIN UNLESS OTHERWISE STATED.**

			5:30 am Strength Mash-up Leslie (Studio A)			
	6:00 am FT Katrina (Turf/FT Room) <b>\$PAID CLASS\$</b>	6:00 am FT Katrina (Turf/FT Room) <b>\$PAID CLASS\$</b>	6:00 am FT Katrina (Turf/FT Room) <b>\$PAID CLASS\$</b>	6:00 am FT Katrina (Turf/FT Room) <b>\$PAID CLASS\$</b>	6:00 am FT Katrina (Turf/FT Room) <b>\$PAID CLASS\$</b>	
	6:00 am Cycle Sam (Cycle Studio)	7:00 am FT Katrina (Turf/FT Room) <b>\$PAID CLASS\$</b>	6:00 am Cycle Sam (Cycle Studio)	7:00 am FT Katrina (Turf/FT Room) <b>\$PAID CLASS\$</b>	7:15 am Cycle Power Katrina (Cycle Room) <b>\$PAID CLASS\$</b>	8:00 am Pilates Jane (Studio A)
7:15-8:00 am Bodyweight Bootcamp Leslie (Studio A)		7:15 am Vinyasa Flow Yoga Joe (Studio A)				**8:15-9:00 am Strength Cori (Online ONLY)
8:15-9:00 am TRX Leslie (Studio A)	8:00 am Group Active Annette (Studio A)		8:00 am Zumba® Susan (Studio A)	8:00 am Group Active Annette (Studio A)	8:15-9:00 am Core Fusion Jane (Studio A)	9:00 am Power Yoga Nissa (Turf)
9:15 am Essentrics® Laura (Studio A)	9:30 am Cardio Kickboxing Lauren (Studio B)	9:15 am Strength Circuit Jane (Studio A)	9:15 am Pilates Annette (Studio A)	9:15 am Essentrics® Laura (Studio A)	9:15 am Step & Strength Jane (Studio A)	9:15 am Step & Strength Jane (Studio A)
10:30 am Gentle Yoga Raisa (Studio A)	10:30 am FT Katrina (Turf/FT Room) <b>\$PAID CLASS\$</b>	**10:30 am Senior Fitness Annette (Studio A)	10:30 am FT Katrina (Turf/FT Room) <b>\$PAID CLASS\$</b>	9:30 am Cycle Sculpt Lauren/ Kristen (Cycle Studio)	10:30 am FT Katrina (Turf/FT Room) <b>\$PAID CLASS\$</b>	10:30 am Zumba® Farheen (Studio A)
11:30 am BollyX Farheen (Studio A)	10:00-10:45 am Age Reversing Essentrics® Laura (Studio A)	10:30 am Gentle Yoga Audrey (Studio B)	**10:30 am Senior Fitness Annette (Studio A)	**10:30 am Senior Fitness Annette (Studio A)	10:30 am TRX Erin (Studio A)	10:00 am FT Meryl (Turf/FT Room) <b>\$PAID CLASS\$</b>
	10:30 am Chair Yoga Laurie (Online ONLY)				10:30 am Senior Walking Group Annette (Outside)	
	11:00-11:45 am Parkinson's Laura (Studio A)	11:30 am Bodyweight Bootcamp Meryl (Studio A)	11:00-11:45 am Parkinson's Jane (Studio B)		11:00-12:00 pm Pedal for Parkinson's Leslie (Cycle Studio)	
	12:00 pm Yoga Strength Joe (Studio A)		12:00 pm Yoga Shred Erin (Studio A)		12:00 pm Yoga Strength Joe (Studio A)	
	1:30-2:30 pm Enhanced Fitness Annette (Studio A)		1:30-2:30 pm Enhanced Fitness Annette (Studio A)		1:30-2:30 pm Enhanced Fitness Annette (Studio A)	
			3:00 pm Youth & Teen Weighlifting Francois (FT & Turf) <b>\$PAID CLASS\$</b>	5:30 pm Cardio Dance Scott (Studio A)		4:00-6:00 pm MWY Stingray Swimming Dryland Practice Nick (Turf/ FT Room-area closed)
	5:00 pm Power Yoga Nissa (Studio A)	5:30-6:15 pm Zumba Ericka (Studio A)	5:00 pm Power Yoga Nissa (Studio A)	5:30-6:15 pm Piloxing Briana (Studio B)	5:30 pm Zumba Ericka (Studio A)	
	6:00 pm FT Bri (Turf/FT Room) <b>\$PAID CLASS\$</b>	6:00 pm FT Nick (Turf/FT Room) <b>\$PAID CLASS\$</b>	6:00 pm FT Francois (Turf/FT Room) <b>\$PAID CLASS\$</b>	6:00 pm FT Nick (Turf/FT Room) <b>\$PAID CLASS\$</b>	6:00 pm FT Nick (Turf/FT Room) <b>\$PAID CLASS\$</b>	
	6:15 pm Step & Strength Jane (Studio A)	6:30 pm Group Power Leslie (Studio A)	6:15 pm Group Active Jane (Studio A)	6:30 pm Group Power Leslie (Studio A)		
	7:45 pm Zumba Andrei (Studio A)	7:00 pm Yoga Deb (Studio B)	7:45 pm Zumba Andrei (Studio A)			

[RESERVE YOUR SPOT IN CLASS HERE ON MOTIONVIBE](#)

Online Class

Paid/ Registration required

\*\*This class is only viewable during live class. No recordings will be posted.

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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.

## METROWEST Y: GROUP EXERCISE CLASS DESCRIPTIONS

**BollyX®**—A Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. Its cardio workout with high and low intensity dance sequences to get you moving, sweating, and smiling.

**Bodyweight Bootcamp**—Body weight exercises, interval training, functional movements and agility drills. May incorporate different equipment to challenge, inspire, and motivate participants. Can be modified for all fitness levels.

**Cardio Dance**—Dance based fitness class with a variety of song types and speeds.

**Chair Yoga**—Yoga practice that modifies yoga poses so they can be done while seated in a chair. These modifications make yoga accessible to people who cannot stand, lack the mobility to move easily from standing to seated to laying positions.

**Core Fusion**—Strengthen and lengthen your muscles, improve posture and balance, and prepare your body for everyday life! Using squishy balls, weighted bars, light weights and gliding discs. Inspired from Pilates & Barre. For all bodies!

**Cycle**—Cardio based class on Schwinn indoor spin bikes. Class uses RPMs and resistance to provide a well-rounded workout for the legs and lungs.

**Essentrics®/ Age Reversing Essentrics®**— A dynamic, full body workout suitable for all fitness levels, movement combining stretching and strengthening while engaging all 650 muscles. This class will increase flexibility and mobility for a healthy, toned and pain-free body. Chairs can be provided for people that need to sit or hold for balance.

**FT (paid class)**—A fun, energetic high intensity interval training class. The progressive programming will improve your endurance, strength, and power throughout total body exercises making you FiT.

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

**Group Active**—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.

**Cardio Kickboxing**— A fun cardio based exercise class that builds muscle and cardio while doing upper body punches and lower body kicks.

**Group Power**— 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.

**Pilates**— Controlled movements focusing on the core muscles to increase total body strength and flexibility. Pilates can be standing and floor exercises.

**Piloxing**— Fusion workout blending Pilates, boxing, and dance.

**Power Yoga/ Yoga Strength**— Yoga postures with quicker movements while synchronizing breath with each movement. More challenging postures as the session progresses.

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

**Senior Walking Group**—Meet outside the Y and walk the area neighborhood on sidewalk or edge of road. Y bathrooms are available throughout the class.

**Strength Mash-Up**—New strength class that will utilize a variety of different strength equipment from bars, plates, bands, dumbbells, TRX, and more to work on muscle development and overall strength.

**Step and Strength**—Cardio and strength class that uses the step for cardio aerobics and various strength exercises sprinkled within the class for the muscle burn.

**TRX**— Suspension training using straps to improve strength, endurance, balance, coordination, flexibility

**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 technique you give all-out effort through quick, intense bursts of exercise followed by short recovery periods; increasing your metabolism; burning more calories in less time.

**Zumba®**—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.