

FITNESS SCHEDULE @ METROWEST YMCA

September 6-December 31

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.

	6:00 am FT Matinkho (Turf/FT Room) \$PAID CLASS\$	6:00 am FT Matinkho (Turf/FT Room) \$PAID CLASS\$	6:00 am FT Matinkho (Turf/FT Room) \$PAID CLASS\$	6:00 am FT Matinkho (Turf/FT Room) \$PAID CLASS\$	6:00 am FT Matinkho (Turf/FT Room) \$PAID CLASS\$	
	6:00 am Cycle Sam (Cycle Studio)	7:00 am FT Matinkho (Turf/FT Room) \$PAID CLASS\$	6:00 am Cycle Sam (Cycle Studio)	7:00 am FT Matinkho (Turf/FT Room) \$PAID CLASS\$	6:00 am Cycle Sam (Cycle Studio)	8:00 am Pilates Jane (Studio A)
7:15-8:00 am Cycle Leslie (Cycle Studio)		7:00 am Vinyasa Flow Yoga Joe (Studio A)			7:00 am Yoga Nissa (Studio B)	**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 (Studio B)
9:15 am Essentrics@ Laura (Studio A)	9:30-10:15 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)	10:00-10:45 am Age Reversing Essentrics@ Laura (Studio A)	**10:30 am Senior Fitness Annette (Studio A)	**10:30 am Senior Fitness Annette (Studio A)	9:30 am Cycle Sculpt Kristen (Cycle Studio)	**10:30 am Senior Fitness Annette (Studio A)	10:30 am Zumba@ Farheen (Studio A)
11:30 am BollyX Farheen (Studio A)	10:30 am FT Lauren (Turf/FT Room) \$PAID CLASS\$		10:30 am FT Meryl (Turf/FT Room) \$PAID CLASS\$	**10:30 am Senior Fitness Annette (Studio A)	10:30 am FT Meryl (Turf/FT Room) \$PAID CLASS\$	10:00 am FT Meryl (Turf/FT Room) \$PAID CLASS\$
11:00 am FT Leslie (Turf/FT Room) \$PAID CLASS\$	10:30 am Chair Yoga Laurie (Online ONLY)	10:45 am Bootcamp Meryl (Turf)		10:45 am Bootcamp Kristen (Turf)		9/12-10/30 11:15 am-12:15 pm Powerful Girls Meryl (Turf/ FT Room) \$PAID CLASS\$
	11:00-11:45 am Parkinson's Laura (Studio A)	11:45 am Tai Chi Jon (Studio B)	11:00-11:45 am Parkinson's PWR! Jane (Gym)		11:00-12:00 pm Pedal for Parkinson's Leslie (Cycle Studio)	
	12:00 pm Yoga Strength Joe (Studio A)		12:00 pm Yoga HIIT Joe (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)	
	2:45-3:45 pm Enhanced Fitness Annette (Studio A)		2:45-3:45 pm Enhanced Fitness Annette (Studio A)		2:45-3:45 pm Enhanced Fitness Annette (Studio A)	
		9/12-10/30 4:15-4:45 pm Cardio Kids Anthony (Studio A)	9/12-10/30 3:00-4:00 pm Strength Training for Athletes Meryl (Turf/ FT Room) \$PAID CLASS\$		9/12-10/30 5:00 pm Boxing Francois (Studio B/FT Room) \$PAID CLASS\$	Starting (9/17) 3:30-5:30 pm MWY Stingray Swimming Dryland Practice Nick (Turf/ FT Room-area closed)
	9/12-10/30 5:00 pm Teen Weighlifting Francois (FT & Turf) \$PAID CLASS\$	9/12-10/30 5:00 pm Teen Boxing Francois (Studio B/ FT) \$PAID CLASS\$	9/12-10/30 5:00 pm Teen Weighlifting Francois (FT & Turf) \$PAID CLASS\$	5:30 pm Cardio Dance Scott (Studio A)	5:30 pm Zumba@ Ericka (Studio A)	
	5:15 pm Power Yoga Nissa (Studio A)	5:30-6:15 pm Zumba@ Ericka (Studio A)	5:15 pm Power Yoga Nissa (Studio A)	5:30 pm Piloxing Briana (Studio B)	6:00 pm FT Nick (Turf/FT Room) \$PAID CLASS\$	
	6:00 pm FT Bri (Turf/FT Room) \$PAID CLASS\$	6:00 pm FT Nick (Turf/FT Room) \$PAID CLASS\$	6:00 pm FT Francois (Turf/FT Room) \$PAID CLASS\$	9/12-10/30 5:30-6:45 pm Yoga Healing™ Nissa (Studio C) \$PAID CLASS\$	6:30 pm Tribal Yoga™ Nissa (Studio A)	
	6:30 pm Step & Strength Jane (Studio A)	6:30 pm Group Power Leslie (Studio A)	6:30 pm Group Active Jane (Studio A)	6:00 pm FT Nick (Turf/FT Room) \$PAID CLASS\$		
	7:45 pm Zumba@ Andrei (Studio A)	7:00 pm Yoga Deb (Studio B)	9/12-10/30 7:15 pm Boxing Francois (Studio B/FT Room) \$PAID CLASS\$	6:30 pm Group Power Leslie (Studio A)		
			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.