

# FITNESS SCHEDULE @ METROWEST YMCA

October 11, 2021-October 31, 2021

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.

	6:00 am FT Katrina (Turf/FT Room) <b>\$PAID CLASS\$</b>	6:00 am FT Katrina (Turf/FT Room) <b>\$PAID CLASS\$</b>	5:30-6:00 am TRX Leslie (Studio A)	6:00 am FT Katrina (Turf/FT Room) <b>\$PAID CLASS\$</b>	6:00 am Cycle Power Katrina (Cycle Studio) <b>\$PAID CLASS\$</b>	
7:15-8:00 am Cycle Leslie (Studio A)	6:00-7:00 am Cycle Sam (Studio A)	7:15-8:00 am Tabata Bootcamp Katrina (Studio A)	6:00-7:00 am Cycle Katrina (Studio A)	7:15-8:00 am Tabata Bootcamp Katrina (Outside Studio)		
8:15-9:00 am TRX Leslie (Studio A)	8:00-9:00 am Active Together Annette (Studio A)		8:00-9:00 am Zumba@ Susan (Outside Studio)	8:00-9:00 am Active Together Annette (Studio A)	8:15-9:00 am Core Fusion Jane (Studio A)	**8:15-9:00 am Strength Cori (Online ONLY)
9:15-10:15 Essentrics@ Laura (Outdoor Studio)						9:00-10:00 am Power Yoga Nissa (Outdoor Studio)
9:00 am FT Leslie (Turf/FT Room) <b>\$PAID CLASS\$</b>	9:15-10:15 am Defend Together Katrina (Outdoor Studio)	9:15-10:15 am Strength Circuit Jane (Studio A)	9:15-10:15 am Pilates Annette (Studio A)	9:15-10:15 am Essentrics@ Laura (Outdoor Studio)	9:15-10:15 am Step & Strength Jane (Studio A)	9:00-10:00 am Zumba@ Farheen (Studio A)
10:30 am-11:30 am BollyX Farheen (Studio A)	10:30 am FT Katrina (Turf/FT Room) <b>\$PAID CLASS\$</b>	10:30 am FT Katrina (Turf/FT Room) <b>\$PAID CLASS\$</b>	10:30 am FT Katrina (Turf/FT Room) <b>\$PAID CLASS\$</b>	10:30 am FT Katrina (Turf/FT Room) <b>\$PAID CLASS\$</b>	10:30 am FT Katrina (Turf/FT Room) <b>\$PAID CLASS\$</b>	9:00 am FT Jane (Turf/FT Room) <b>\$PAID CLASS\$</b>
10:30-11:30 am Gentle Yoga Raisa (Studio B)	10:00-10:45 am Age Reversing Essentrics@ Laura (Studio A)	**10:30-11:30 am Senior Fitness Annette (Studio A)	10:30-11:30 am Senior Fitness Annette (Studio A)	**10:30-11:30 am Senior Fitness Annette (Studio A)	10:30-11:30 am TRX Erin (Studio A)	10:15-11:15 am Pilates Jane (Studio A)
	10:30-11:30 am Chair Yoga Laurie (Online ONLY)		10:45-11:45 am Yoga Shred Erin (Outdoor Studio)			10:15 am-11:15 am Defend Together Stephen (Outdoor Studio)
	11:00-12:00 pm Parkinson's Laura (Studio C)		11:00-12:00 pm Parkinson's Jane (Studio C)			
	12:00-1:00 pm Yoga Strength Joe (Studio A)				12:00-1:00 pm Yoga Strength Joe (Studio A)	
		1:30-2:30 pm Tai Chi for Balance John (Studio A)		1:30-2:30 pm Tai Chi for Balance John (Studio A)		
	5:00-6:00 pm Power Yoga Nissa (Outdoor Studio)	5:30-6:15 pm Zumba Ericka (Studio A)	5:00-6:00 pm Yoga Nissa (Outdoor Studio)	5:15-6:15 pm Defend Together Leslie (Studio A)	5:30-6:30 pm Zumba Ericka (Studio A)	
		6:00 pm FT Stephen (Turf/FT Room) <b>\$PAID CLASS\$</b>	6:00 pm FT Stephen (Turf/FT Room) <b>\$PAID CLASS\$</b>	6:00 pm FT Stephen (Turf/FT Room) <b>\$PAID CLASS\$</b>	6:00 pm FT Stephen (Turf/FT Room) <b>\$PAID CLASS\$</b>	
	6:15-7:15 pm Step & Strength Jane (Studio A)	6:30-7:30 pm Strength Train Together Leslie (Studio A)	6:15-7:15 pm Active Together Jane (Studio A)	6:30-7:30 pm Strength Train Together Leslie (Studio A)		
	7:45-8:45 pm Zumba Andrei (Studio A)	7:00-8:00 pm Yoga Deb (Studio B)	7:45-8:45 pm Zumba Andrei (Studio A)			
<b>RESERVE YOUR SPOT IN CLASS HERE ON MOTIONVIBE</b>						
		Online Class	**This class is only viewable during live class. No recordings will be posted.			
		Outdoor Class				
		Paid/ Registration required	<b>JOIN THE MOVEMENT. JOIN FT.</b>			
				<a href="#">FT Monthly</a>	<a href="#">FT 5 Classes</a>	<a href="#">FT 10 Classes</a>
<p>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.</p>						