


FITNESS SCHEDULE @ METROWEST YMCA

November 1, 2021-December 23, 2021

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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.						
			5:30-6:15 am TRX Leslie (Studio A)		6:00-7:15 am Cycle Power Katrina (Cycle Studio) \$PAID CLASS\$	
	6:00 am FT Matt (Turf/FT Room) \$PAID CLASS\$	6:00 am FT Katrina & Matt (Turf/FT Room) \$PAID CLASS\$	6:00 am FT Matt (Turf/FT Room) \$PAID CLASS\$	6:00 am FT Katrina & Matt (Turf/FT Room) \$PAID CLASS\$	6:00 am FT Matt (Turf/FT Room) \$PAID CLASS\$	
7:15-8:00 am Cycle Leslie (Cycle Studio)	6:00-7:00 am Cycle Sam (Cycle Studio)	7:15-8:00 am Gentle Yoga Joe (Studio A)	6:00-7:00 am Cycle Sam (Cycle Studio)	7:15-8:00 am Bootcamp Katrina (Outside Studio/ Gym)		
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/ Studio A)	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/ Studio A)	9:15-10:15 am Defend Together Katrina (Outdoor Studio/ Gym)	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/ Studio A)	9:15-10:15 am Step & Strength Jane (Studio A)	9:00-10:00 am Power Yoga Nissa (Outdoor Studio/ Studio C)
9:00 am FT Leslie (Turf/FT Room) \$PAID CLASS\$	10:30 am FT Katrina (Turf/FT Room) \$PAID CLASS\$	10:30 am FT Katrina (Turf/FT Room) \$PAID CLASS\$	10:30 am FT Katrina (Turf/FT Room) \$PAID CLASS\$	10:30 am FT Katrina (Turf/FT Room) \$PAID CLASS\$	10:30 am FT Katrina (Turf/FT Room) \$PAID CLASS\$	9:00-10:00 am Zumba@ Farheen (Studio A)
10:30-11:30 am Gentle Yoga Raisa (Studio A)	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 (Gym)	**10:30-11:30 am Senior Fitness Annette (Studio A)	10:30-11:30 am TRX Erin (Studio A)	9:00 am FT Jane (Turf/FT Room) \$PAID CLASS\$
11:30 am-12:30 pm BollyX Farheen (Studio A)	10:30-11:30 am Chair Yoga Laurie (Online ONLY)		10:45-11:45 am Yoga Shred Erin (Outdoor Studio/ Studio B)		10:30-11:30 am Senior Fitness Annette (Gym)	10:15-11:15 am Pilates Jane (Studio A)
	11:00-11:45 am Parkinson's Laura (Studio A)		11:00-11:45 am Parkinson's Jane (Studio A)			
	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/ Studio A)	5:30-6:15 pm Zumba Ericka (Studio A)	5:00-6:00 pm Power Yoga Nissa (Outdoor Studio/ Studio A)	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) \$PAID CLASS\$	6:00 pm FT Stephen (Turf/FT Room) \$PAID CLASS\$	6:00 pm FT Stephen (Turf/FT Room) \$PAID CLASS\$	6:00 pm FT Stephen (Turf/FT Room) \$PAID CLASS\$	
	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)			
	RESERVE YOUR SPOT IN CLASS HERE ON MOTIONVIBE					
	Online Class	**This class is only viewable during live class. No recordings will be posted.				
	Outdoor Class					
	Paid/ Registration required					
		JOIN THE MOVEMENT. JOIN FT.				
				FT Monthly	FT 5 Classes	FT 10 Classes

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.