

# GROUP EXERCISE AT METROWEST YMCA

Starting January 3, 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>NEW CLASS</b> 7:15-8:15 am Defend Together Leslie (Gym)	<a href="#">7:15-8:00 am Tabata Bootcamp Katrina (Gym &amp; FB Live)</a>	7:15-8:00 am Cycle Katrina (Gym)	<a href="#">7:15-8:00 am Tabata Bootcamp Katrina (Gym &amp; FB Live)</a>		
8:00-8:45 am Cycle Leslie (Gym)			Prerecorded Zumba 8 am. Available for 24 hours. See MotionVibe for link		<a href="#">8:00-8:45 am Core Fusion Jane (Studio A &amp; Facebook Live)</a>	<a href="#">8:15-9:00 am Strength Cori via Facebook Live</a>
<a href="#">**9:15-10:00 am BollyX Bhavika via Zoom</a>	9:15-10:15 am Active Together Annette (Gym)	9:05-10:05 am Apprentice Essentrics@ 60 min. Laura (Gym)	<a href="#">9:15-10:00 am Pilates Annette (Studio A &amp; Facebook Live)</a>	9:15-10:00 am Strength Laura (Gym)	9:15-10:15 am Step & Strength Jane (Gym)	
<b>STARTING (1/10)</b> 9:15-10:15 AM Apprentice Essentrics@ Laura (Studio A)	9:15-10:00 am Cycle Katrina (Studio A)	10:30-11:15 am Strength Lauren (Gym)	10:30-11:15 am Senior Fitness Annette (Studio A)	10:30-11:30 am Gentle Yoga Laurie (Studio A)		<a href="#">10:15-11:00 am Pilates Jane (Studio A &amp; Facebook Live)</a>
10:30-11:30 am Gentle Yoga Raisa (Studio A)	<a href="#">10:30-11:30 am Chair Yoga Laurie (Facebook Live)</a>	<a href="#">**10:30-11:15 am Senior Fitness Annette (Studio A &amp; Zoom)</a>	<a href="#">**10:30-11:30 am Yoga Shred Erin (Gym)</a>	<a href="#">**10:30-11:15 am Senior Fitness Annette (Gym &amp; Zoom)</a>		
			<b>NEW CLASS</b> 12:00-1:00 pm Defend Together Katrina (Gym)	<a href="#">**11:45-12:45 pm Tai Chi Jon (Zoom)</a>	12:00-1:00 pm Yoga Strength Joe (Studio A)	
	5:00-6:00 pm Power Yoga Cheryl (Gym)	5:30-6:15 pm Zumba Ericka (Gym)		5:30-6:30 pm Gentle Yoga Deb (Studio A)	5:30-6:15 pm Zumba Ericka (Gym)	
	6:30-7:30 pm Step & Strength Jane (Gym)	6:30-7:30 pm Strength Train Together Leslie (Gym)	6:30-7:30 pm Active Together Jane (Gym)	6:30-7:30 pm Strength Train Together Leslie (Gym)		
	7:45-8:30 pm Zumba Andrei (Gym)			<a href="#">**7:45-8:30 pm Zumba Nikki (Gym &amp; Facebook Live)</a>		

Online Class

\*\*Online classes that are only LIVE. They are not recorded and shared later.



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.