


GROUP EXERCISE AT METROWEST YMCA

Starting September 28

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
NO CLASSES THANKSGIVING, CHRISTMAS						
SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME						
	7:15 am Tabata Bootcamp Katrina (Gym)	PRE-RECORDED 7:00 am (for 24 hours) Zumba Nikki (See MotionVibe for link)	7:15 am Tabata Bootcamp Katrina (Studio A & FB Live)	PRE-RECORDED 7:00 am (for 24 hours) Zumba Ericka (OCT 2-30) See MotionVibe for link	PRE-RECORDED 7:00 am (for 24 hours) Zumba Susan (See MotionVibe for link)	
Check MotionVibe for Strength & Cardio Y360 Classes		8:00 am Zumba Susan (Gym)		8:00 am Core Fusion Jane (Studio A & Facebook Live)		8:00 am Cycle Leslie (Gym)
9:15 am Cycle Katrina (Gym)	NEW CLASS 9:15 AM Apprentice Essentrics@ 60 min. Laura (Studio A)	9:15 am Pilates Annette (Studio A & Facebook Live)	9:15 am Strength Laura (Gym)	9:15 am Step & Strength - 60 min. Jane (Gym)	8:15 AM Strength Cori via Facebook Live	9:15 am BollyX Bhavika via Zoom
	10:30 am Strength Train Together Erin (Gym)	10:30 am Yoga Shred Erin (Studio A)	10:30 am Gentle Yoga Laurie (Studio A)			10:15 am Gentle Yoga Cheryl (Studio A)
10:30 am Chair Yoga Laurie (Studio A & Facebook Live)	10:30 am Senior Fitness Annette (Studio A & Zoom)	10:30 am Senior Fitness Annette (Gym & Facebook Live)	10:30 am Senior Fitness Annette (Gym & Zoom)	10:30 am Vinyasa Flow Erin (Studio A & Facebook Live)	10:15 am Pilates Jane (Studio A & Facebook Live)	
			11:45 am Tai Chi Jon (Studio A & Zoom)	12 pm Yoga Strength Joe (Studio A)		
Starting November 6:						
5:00 pm Power Yoga Cheryl (Gym)	5:30 pm Zumba Ericka (Gym)	5:00 pm Vinyasa Flow Laurie (Studio A)	5:30 pm Cycle Leslie (Gym)	5:30 pm Zumba Ericka (Gym)		
6:15 pm Strength Train Together Leslie (Gym)	6:45 pm Step & Strength - 60 min. Jane (Gym)	6:45 pm Active Together Jane (Gym)	6:30 PM Zumba Nikki (Gym & Facebook Live)			
7:45 pm Zumba Andrei (Gym)	7:45 pm Yoga Deb (Studio A)		Check MotionVibe for Yoga Y360 Classes			

Online Class

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.