

FITNESS SCHEDULE @ METROWEST YMCA

January 3, 2022-February 20, 2022

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.

			5:15 am Strength Training for Runners Katrina (Turf/ FT Room) \$PAID CLASS\$			
		5:30 am Group Fight Leslie (Studio A)	5:30 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 Matt & Esohe (Turf/FT Room) \$PAID CLASS\$	6:00 am FT Matt (Turf/FT Room) \$PAID CLASS\$	6:00 am FT Matt & Esohe (Turf/FT Room) \$PAID CLASS\$	6:00 am FT Matt (Turf/FT Room) \$PAID CLASS\$	
	6:00 am Cycle Sam (Cycle Studio)	7:00 am FT Katrina (Turf/FT Room) \$PAID CLASS\$	6:00 am Cycle Sam (Cycle Studio)	7:00 am FT Katrina (Turf/FT Room) \$PAID CLASS\$		8:00 am Pilates Jane (Studio A)
7:15-8:00 am Cycle Leslie (Cycle Studio)		7:15-8:00 am Vinyasa Flow Yoga Joe (Studio A)				**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 (Turf)
9:15 am Essentrics@ Laura (Studio A)	9:15 am Group Fight Katrina (Gym)	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)	10:30 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/ Matt (Turf/FT Room) \$PAID CLASS\$	10:30 am Zumba@ Farheen (Studio A)
11:30 am BollyX Farheen (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 (Gym)	**10:30 am Senior Fitness Annette (Studio A)	10:30 am TRX Erin (Studio A)	10:00 am FT Francois(Turf/FT Room) \$PAID CLASS\$
10:00 am FT Leslie (Turf/FT Room) \$PAID CLASS\$	10:30 am Chair Yoga Laurie (Online ONLY)	10:30 am Cycle Sculpt Kristen (Cycle Studio)	11:00-11:45 am Parkinson's Jane (Studio A)	10:30 am Cycle Sculpt Kristen (Cycle Studio)	**10:30 am Senior Fitness Annette (Gym)	
	11:00-11:45 am Parkinson's Laura (Studio A)					
	12:00-12:45 pm Postpartum Rehab Katrina (Studio B) \$PAID CLASS\$					
	12:00 pm Yoga Strength Joe (Studio A)		**12:00 pm Yoga Shred Erin (Studio A)		12:00 pm Yoga Strength Joe (Studio A)	
		1:30 pm Tai Chi for Balance John (Studio A)		1:30 pm Tai Chi for Balance John (Studio A)		

		4:15-4:45 pm Cardio Kids Lucas (Studio A/ Turf)	4:30 pm Youth & Teen Weighlifting Stephen (FT & Turf) \$PAID CLASS\$	4:15-4:45 pm Cardio Kids Lucas (Studio A/ Turf)	
	5:00 pm Power Yoga Nissa (Studio A)	5:30-6:15 pm Zumba Ericka (Studio A)	5:00 pm Power Yoga Nissa (Studio A)	5:30-6:15 pm Piloxing Briana (Studio A)	5:30 pm Zumba Ericka (Studio A)
	6:00 pm FT Bri (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\$	6:00 pm FT Stephen (Turf/FT Room) \$PAID CLASS\$
	6:15 pm Step & Strength Jane (Studio A)	6:30 pm Group Power Leslie (Studio A)	6:15 pm Group Active Jane (Studio A)	6:30 pm Group Power Leslie (Studio A)	
	7:45 pm Zumba Andrei (Studio A)	7:00 pm Yoga Deb (Studio B)	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.