

FITNESS SCHEDULE @ METROWEST YMCA

Starting September 3, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Schedules are subject to change, please keep an eye on YMCA360 as that should have the most up-to-date information.						
		5:30-6:30 am Strength & Serenity Through Stages of Life (Studio A) Leslie \$PAID CLASS\$				
6:00-7:00 am FT Matinkho (Turf/FT Room) \$PAID CLASS\$	6:00-7:00 am FT Matinkho (Turf/FT Room) \$PAID CLASS\$	6:00-7:00 am FT Mauro (Turf/FT Room) \$PAID CLASS\$	6:00-7:00 am FT Matinkho (Turf/FT Room) \$PAID CLASS\$	6:00-7:00 am FT Matinkho (Turf/FT Room) \$PAID CLASS\$		
6:00-6:55 am Cycle Sam (Cycle Studio)		6:00-6:55 am Cycle Sam (Cycle Studio)		6:00-7:00 am Cycle Power Katrina (Cycle Power) \$PAID CLASS\$		
	7:00-7:55 am Vinyasa Flow Yoga Liz (Studio A)	7:00-7:45 am TRX Leslie (Studio A)	7:00-7:45 am Bootcamp Leslie (Studio A)	7:00-7:55 am Yoga Nissa (Studio A)	7:15-8:15 am FT Matinkho (Turf/FT Room) \$PAID CLASS\$	8:00-8:55 am Cycle Leslie (Cycle Studio)
8:00-8:55 am Group Active Annette (Studio A)	8:15-9:00 am Strength & Cardio Delaney (Studio A)	8:00-8:55 am Zumba® Susan (Studio A)	8:00-8:55 am Group Active Annette (Studio A)	8:15-9:00 am Core Fusion Jane (Studio A)	8:00-8:55 am Pilates Jane (Studio A)	8:00-8:55 am Power Yoga Nissa (Studio A)
9:15-10:00 am Group Fight Katrina (Studio A)	9:15-10:10 am Strength Circuit Jane (Studio A)	9:15-10:10 am Pilates Annette (Studio A)	9:15-10:00 am Group Fight Leslie (Studio A)	9:15-10:10 am Step & Strength Jane (Studio A)	8:30-9:30 am WTC Francois (Turf/FT Room) \$PAID CLASS\$	9:15-10:10 am TRX Leslie (Studio A)
9:30-10:30 am FT Mauro (Turf/FT Room) \$PAID CLASS\$	9:30-10:25 am Cycle Vanessa (Cycle Studio)	9:30-10:30 am FT Leslie (Turf/FT Room) \$PAID CLASS\$	9:30-10:25 am Cycle Vanessa (Cycle Studio)	9:30-10:30 am FT Mauro (Turf/FT Room) \$PAID CLASS\$	9:00-9:55 am Yoga Nissa (Turf)	
10:15- 11:00 am Strength and Cardio Delaney (Studio A)	9:30-10:30 am Adult Boxing Yash (Turf/FT Room) \$PAID CLASS\$	10:30-11:25 am Senior Fitness Annette (Studio A)	10:30-11:25 am Senior Fitness Annette (Studio A)	10:30-11:25 am Senior Fitness Annette (Studio A)	9:15-10:10 am Step & Strength Jane (Studio A)	10:30-11:25 am Zumba Lily (Studio A)
11:00-12:00 pm Strength Training for Healthy Bones Aisha/ Martine/ Katrina (Y & F) \$PAID CLASS\$	10:30-11:25 am Senior Fitness Annette (Studio A)		10:45-11:30 am Bootcamp Mauro (Turf)	11:00-12:00 pm Strength Training for Pickleball Katrina (Turf/FT Room) \$PAID CLASS\$	10:15-11:15 am FT Matinkho (Turf/FT Room) \$PAID CLASS\$	11:00- 12:00pm Pedal for Parkinson's Leslie (Cycle Studio)
11:15 am-12:00 pm Parkinson's Delaney (Studio A)	10:45-11:30 am Bootcamp Mauro (Turf)	11:45 am-12:45 pm Parkinson's PWR! Jane (Studio A)	10:45-11:45 am Powerful Women Leslie (Turf/FT Room) \$PAID CLASS\$	11:00-12:00 pm Pedal for Parkinson's Leslie (Cycle Studio)	10:30-11:25 am Zumba® Einat (Studio A)	11:30-12:25 pm BollyX Rajani (Studio A)
12:15-1:10 pm Yoga Strength Joe (Studio A)	11:00-12:00 pm Pedal for Parkinson's Leslie (Cycle Studio)	12:15-1:10 pm Pilates HIIT Joe (Turf)	11:45 am-12:30 pm TRX Vanessa (Studio A)	12:15-1:10 pm Yoga Strength Joe (Studio A)	11:30-12:30 pm Adult Boxing Francois (Turf/FT Room) \$PAID CLASS\$	12:45-1:40 pm Gentle Yoga Elizabeth (Studio A)
	11:45 am-12:30 pm TRX Vanessa (Studio A)		1:00-2:00 pm Parkinson's Movement with Music Susan (Studio A)		12:30-1:30 pm Powerful Women Aisha (Turf/FT Room) \$PAID CLASS\$	
STARTING 9/16: 4:15-5:00 pm Cardio Dance Scott (Studio A)	4:15-4:45 pm Cardio Kids Kevin/ Vivek (Y & F)		4:00-5:00 pm Powerful Girls Katrina (FT/ Turf) \$PAID CLASS\$	4:30-5:30 pm Strength & Serenity Through Stages of Life (Studio A/ Y & F) Leslie \$PAID CLASS\$		
4:45-5:15 pm Kids FT (Ages 5-7) Katrina (Turf) \$PAID CLASS\$			5:00-6:00 pm Teen Boxing Francois (Turf/ FT Room) \$PAID CLASS\$	5:00-6:00 pm Teen Weightlifting (Turf/ FT Room) \$PAID CLASS\$		
5:15-6:10 pm Power Yoga Nissa (Studio A)	5:00-6:00 pm Teen Weightlifting Francois (Turf/ FT Room) \$PAID CLASS\$	5:15-6:10 pm Power Yoga Nissa (Studio A)	5:30-6:25 pm Essentrics® Laura (Studio A)	5:30-6:25 pm Zumba® Ericka (Studio A)		
5:20-5:50 pm Kids FT (Ages 8-11) Francois (Turf) \$PAID CLASS\$	5:30-6:25 pm Zumba® Ericka (Studio A)					
6:00-7:00 pm FT Kevin (Turf/FT Room) \$PAID CLASS\$	6:00-7:00 pm FT Francois (Turf/ FT Room) \$PAID CLASS\$	6:00-7:00 pm FT Kevin (Turf/FT Room) \$PAID CLASS\$	6:00-7:00 pm FT Francois (Turf/ FT Room) \$PAID CLASS\$	6:00-7:00 pm FT Francois (Turf/ FT Room) \$PAID CLASS\$		
6:30-7:30 pm WTC Francois (Y & F) \$PAID CLASS\$	6:30-7:25 pm Group Power Leslie (Studio A)	6:30-7:30 pm WTC Francois (Y & F) \$PAID CLASS\$	6:30-7:25 pm Group Power Leslie (Studio A)			
6:30-7:25 pm Step & Strength Jane (Studio A)		6:30-7:25 pm Group Active Jane (Studio A)	7:15-8:15 pm Adult Boxing Francois (Turf/ FT Room) \$PAID CLASS\$			
7:45-8:40 pm Zumba® Andrei (Studio A)	7:30-8:25 pm Yoga Deb (Studio A)	7:45-8:40 pm Zumba® Andrei (Studio A)	7:30-8:25 pm Yoga Ali (Studio A)			



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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.