

FITNESS SCHEDULE @ METROWEST YMCA

June 23, 2025-August 31, 2025

Schedules are subject to change, please keep an eye on YMCA360 as that should have the most up-to-date information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 am FT Matinkho (Turf/FT Room) \$PAID CLASS\$	6:00-7:00 am FT Matinkho & Margaret (Turf/FT Room) \$PAID CLASS\$	6:00-7:00 am FT Mauro & Margaret (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)	7:00-8:00 am FT Matinkho (Turf/FT Room) \$PAID CLASS\$	6:00-6:55 am Cycle Sam (Cycle Studio)	7:00-8:00 am FT Matinkho (Turf/FT Room) \$PAID CLASS\$	6:00-7:00 am Cycle Power Katrina (Cycle Power) \$PAID CLASS\$	7:15-8:15 am Couch to 5K Delaney \$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 Cardio Dance + Delaney (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 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)	
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)	8:00-8:55 am Yoga Nissa (Studio B/ Teen Center)	8:00-8:55 am Power Yoga Nissa (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\$		
			10:00-10:55 am Vinyasa Flow Yoga Victoria (Studio B)*Weather Dependant*		9:00-9:55 am Yoga Nissa (Studio B/ Teen Center)	
10:15- 11:00 am Strength and Cardio Delaney (Studio A)	10:30-11:25 am Senior Fitness Kelly (Studio A)	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)	9:15-10:10 am TRX Leslie (Studio A)
	10:45-11:30 am Bootcamp Mauro (Turf)	10:00-10:30 am Cycle Xpress Vanessa (Cycle Studio)	10:45-11:30 am Bootcamp Mauro (Turf)			10:30-11:25 am Zumba Lily (Studio A)
11:00-12:00 pm Strength Training for Healthy Bones Brady (Turf/Y & F) \$PAID CLASS\$	11:00-12:00 pm Pedal for Parkinson's Leslie (Cycle Studio)	10:45-11:15 am Bootcamp Xpress Vanessa (Turf)		11:00-12:00 pm Pedal for Parkinson's Leslie (Cycle Studio)	10:15-11:15 am FT Matinkho & Vivek (Turf/FT Room) \$PAID CLASS\$	10:15-11:15 am FT Francois (Turf/FT Room) \$PAID CLASS\$
11:15 am-12:00 pm Parkinson's Delaney (Studio A)	11:45 am-12:30 pm TRX Vanessa (Studio A)	11:45 am-12:45 pm Parkinson's PWR! Jane (Studio A)	11:45 am-12:30 pm TRX Vanessa (Studio A)	12:15-1:10 pm Yoga Strength Joe (Studio A)	10:30-11:25 am BollyX® Rajani (Studio A)	11:00- 12:00pm Pedal for Parkinson's Leslie (Cycle Studio)
12:15-1:10 pm Yoga Strength Joe (Studio A)		12:00-12:55 pm Pilates HIIT Joe (Studio B)	1:00-2:00 pm Parkinson's Movement with Music Susan (Studio A)			11:30 am-12:25 pm Group Power Jenna (Studio A)
1:30-2:30 pm Enhanced Fitness Annette (Studio A)		1:30-2:30 pm Enhanced Fitness Annette (Studio A)		1:30-2:30 pm Enhanced Fitness Annette (Studio A)		12:45-1:40 pm Gentle Yoga Elizabeth (Studio A)
4:15-5:00 pm Cardio Dance Scott (Studio A)		4:30-5:15 pm Cycle Lauren (Cycle Studio)				
4:45-5:15 pm Kids Track & Field (Ages 3-6) Katrina (Turf)					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. 	
5:15-6:10 pm Power Yoga Nissa (Studio A)	5:30-6:25 pm Zumba® Ericka (Studio A)	5:15-6:10 pm Power Yoga Nissa (Studio A)		5:30-6:25 pm Zumba® Ericka (Studio A)		
6:00-7:00 pm FT (Turf/FT Room) Matinkho \$PAID CLASS\$	6:00-7:00 pm FT (Turf/ FT Room) \$PAID CLASS\$	6:00-7:00 pm FT Vivek & Brady (Turf/ FT Room) \$PAID CLASS\$	6:00-7:00 pm FT Francois & Brady (Turf/ FT Room) \$PAID CLASS\$	6:00-7:00 pm FT Jenna (Turf/ FT Room) \$PAID CLASS\$		
	6:30-7:25 pm Group Power Leslie (Studio A)		6:30-7:25 pm Group Power Leslie (Studio A)		JOIN THE MOVEMENT. JOIN FT.	
6:30-7:25 pm Step & Strength Jane (Studio A)	7:15-8:15 pm Adult Boxing Francois (Turf/ FT Room) \$PAID CLASS\$	6:30-7:25 pm Group Active Jane (Studio A)	7:15-8:15 pm Intro to Strength Training 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)			

Paid/ Registration required

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