

FITNESS SCHEDULE @ METROWEST YMCA

September 2, 2025-October 26, 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 (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)	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\$		
7:00-7:45am Pilates Annette (Studio A)	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 Pilates 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 Cycle Leslie (Cycle)
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 Group Active Annette (Studio A)	9:15-10:10 am Group Power 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\$	8:30-9:30 am WTC (Turf/FT) Cris \$PAID CLASS\$	9:00-1000 am Adult Boxing Francois (Turf/ Studio B) \$PAID CLASS\$
		10:00-10:30 am Cycle Xpress Vanessa (Cycle Studio)	10:00-10:55 am Vinyasa Flow Yoga Victoria (Studio B/Teen Center)	* STARTING 9/19 9:30-10:25 am Chair Yoga & Your Brain Kathleen(Studio B/ Teen Center)	9:00-9:55 am Yoga Nissa (Studio B/ Teen Center)	9:30-10:30 am Stretch & Release Martine (Studio B/Teen Center) \$PAID CLASS\$
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)	10:45-11:15 am Bootcamp Xpress Vanessa (Turf)	10:30-11:30 am Powerful Women Leslie(Wellness Center) \$PAID CLASS\$	11:00-12:00 pm Strength Training for Pickle Ball Katrina (Turf/Y & F) \$PAID CLASS\$	9:15-9:55 am Kids FT (Ages 8-11)Matinkho (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)	11:00-12:00 pm Strength Training for Healthy Bones Sarah (Turf/Y & F) \$PAID CLASS\$	10:45-11:30 am Bootcamp Mauro (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/ Teen Center)	1:00-2:00 pm Parkinson's Movement with Music Susan (Studio A)		11:30-12:30 pm Intro to Strength Training Sarah/Cris (Turf/ FT Room) \$PAID CLASS\$	11:30-12:30 pm Youth Boxing Francois (Turf/ Studio B) \$PAID CLASS\$
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)		11:30-12:30 pm Intro to Strength Training Brooke (Y&F) \$PAID CLASS\$
4:15-5:00 pm Cardio Dance Scott (Studio A)		4:00-5:00 pm Powerful Girls Brooke & Katrina(Turf & FT) \$PAID CLASS\$				11:30 am-12:25 pm Group Power Jenna (Studio A)
	5:00-6:00 pm Teen Weightlifting Vivek & Brady(Turf & FT) \$PAID CLASS\$	4:30-5:15 pm Cycle Lauren (Cycle Studio)	5:00-6:00 pm Teen Boxing Francois & Yash (Turf/ FT Room) \$PAID CLASS\$			12:45-1:40 pm Gentle Yoga Elizabeth (Studio A)
4:30-5:10 Kids FT (Ages 5-7) Brooke(Turf) \$PAID CLASS\$		5:15-5:55pm Kids FT (Ages 8-11) Brady(Turf) \$PAID CLASS\$		5:00-5:40 pm Kids FT (Ages 5-7) Brady(Turf) \$PAID CLASS\$	 JOIN THE MOVEMENT. JOIN FT.	
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)	5:30-6:15 pm Group Fight Leslie (Studio A)	5:30-6:25 pm Zumba® Ericka (Studio A)		
6:00-7:00 pm FT (Turf/FT Room) Brooke \$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 Brady & Francois (Turf/ FT Room) \$PAID CLASS\$	6:00-7:00 pm FT Brady(Turf/ FT Room) \$PAID CLASS\$		
	6:30-7:25 pm Group Power Leslie (Studio A)	6:15-7:15 pm Powerful Aging Leslie(Studio B/Wellness Center) \$PAID CLASS\$	6:30-7:25 pm Group Power Leslie (Studio A)			
6:30-7:25 pm Step & Strength Jane (Studio A)	7:15-8:15 pm Adult Boxing Yash (Turf/ FT Room) \$PAID CLASS\$	6:30-7:25 pm Group Active Jane (Studio A)	7:15-8:15 pm Adult Boxing Francois (Turf/ FT Room) \$PAID CLASS\$		FT Monthly FT 5 Classes FT 10 Classes	
6:30-7:30 pm WTC (Y&F Room) Francois \$PAID CLASS\$		6:30-7:30 pm WTC (Y&F Room) Francois \$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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