

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 (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\$	9:00-10:00 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) (Turf)	10:30-11:25 am Zumba Lily (Studio A)
11:00-12:00 pm Strength Training for Healthy Bones Brooke & Sarah (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 Brady (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 (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 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)
		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\$			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)	5:30-6:15 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 Vivek & Francois (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)		6:30-7:25 pm Group Active Jane (Studio A)	7:15-8:15 pm Adult Boxing Francois (Turf/ FT Room) \$PAID CLASS\$		JOIN THE MOVEMENT. JOIN FT.	
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

[RESERVE YOUR SPOT IN CLASS HERE ON YMCA360](#)

[FT Monthly](#)

[FT 5 Classes](#)

[FT 10 Classes](#)