

FITNESS SCHEDULE @ METROWEST YMCA

FALL 2 (October 27, 2025-December 21, 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 Mauro (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 Brooke (Turf/FT Room) \$PAID CLASS\$	6:00-7:00 am Cycle Power Katrina (Cycle Power) \$PAID CLASS\$	7:15-8:15 am FT Brady (Turf/FT Room) \$PAID CLASS\$	
	7:00-7:55 am Vinyasa Flow Yoga Liz (Studio A)	7:00-7:45 am TRX Leslie (Studio A)		7:00-7:55 am Yoga Nissa (Studio A)	8:00-8:55 am Pilates Jane (Studio A)	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 Pilates Annette (Studio A)	8:15-9:00 am Core Fusion Jane (Studio A)	8:00-8:55 am Yoga Nissa (Studio B)	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 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)	8:30-9:30 pm WTC Cris (Y & F) \$PAID CLASS\$	9:00-10:00 am Adult Boxing Francois (Turf/ FT Room) \$PAID CLASS\$
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 (Studio B)	9:30-10:30 am Stretch & Release Martine (Studio B) \$PAID CLASS\$
Pilates Annette (Studio B) 9:15-10:00 am		10:00-10:30 am Cycle Xpress Vanessa (Cycle Studio)	10:00-10:55 am Vinyasa Flow Yoga Victoria (Studio B)	9:30-10:25 am Chair Yoga & Your Brain Kathleen (Studio B)	9:15-10:10 am Step & Strength Jane (Studio A)	9:15-10:10 am TRX Leslie (Studio A)
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)	9:15-9:55 am Kids FT (Ages 8-11) Matinkho(Turf) \$PAID CLASS\$	10:30-11:25 am Zumba Lily (Studio A)
	10:45-11:30 am Bootcamp Mauro (Turf)	10:45-11:15 am Bootcamp Xpress Vanessa (Turf)	10:45-11:30 am Bootcamp Mauro (Turf)	11:00-12:00 pm Agility & Conditioning for Active Adults Katrina(Y&F) \$PAID CLASS\$	10:15-11:15 am FT Brady (Turf/FT Room) \$PAID CLASS\$	10:15-11:15 am FT Francois (Turf/FT Room) \$PAID CLASS\$
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 Brady (Turf/ Y & F) \$PAID CLASS\$	10:30-11:30 am Powerful Women Leslie (Turf/FT Room) \$PAID CLASS\$	11:00-12:00 pm Pedal for Parkinson's Leslie (Cycle Studio)	Starting 11/1: 10:30-11:25 am Zumba Ericka, Sam, Duane (Studio A)	11:00- 12:00pm Pedal for Parkinson's Leslie (Cycle Studio)
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)	11:30-12:30 pm Intro to Strength Training Cris (Turf/ FT Room) \$PAID CLASS\$	11:30-12:30 pm Powerful Women Brooke (Turf/FT) \$PAID CLASS\$
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)			11:30-12:30 pm Youth Boxing Francois (Studio B/ Turf) \$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 am-12:25 pm Group Power Jenna (Studio A)
4:15-5:00 pm Cardio Dance Scott (Studio A)	4:30-5:10 pm Kids FT (Ages 5-7) Brady (Turf) \$PAID CLASS\$	4:00-5:00 pm Powerful Girls Brooke (Turf/ FT Room) \$PAID CLASS\$				12:45-1:40 pm Gentle Yoga Elizabeth (Studio A)
		4:00-5:00 pm Powerful Girls Jr Katrina (Studio A) \$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.	
		4:30-5:15 pm Cycle Lauren (Cycle Studio)				
5:15-6:10 pm Power Yoga Nissa (Studio A)	5:00-6:00 pm Kids Strength Training (Ages 10+)Vivek (Y&F Room) \$PAID CLASS\$	5:15-5:55 pm Kids FT (Ages 8-11) Brady (Turf) \$PAID CLASS\$	5:00-6:00 pm Teen Boxing Francois & Yash (Turf/ FT Room) \$PAID CLASS\$	5:00-5:40 pm Kids FT (Ages 5-7) Brady (Turf) \$PAID CLASS\$		
5:00-6:00 pm Agility & Power for Athletes (Ages 10+) Brooke(Turf) \$PAID CLASS\$	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 (Studio A) Leslie	5:30-6:25 pm Zumba® Ericka (Studio A)	JOIN THE MOVEMENT. JOIN FT. FT Monthly	
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 Francois & Brady (Turf/ FT Room) \$PAID CLASS\$	6:00-7:00 pm FT Brady (Turf/ FT Room) \$PAID CLASS\$		
		6:15-7:15 pm Powerful Aging Leslie (Studio B/Wellness Center) \$PAID CLASS\$			RESERVE YOUR SPOT IN CLASS ON YMCA360	
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)	7:30-8:30 pm Intro to Strength Training Vivek (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\$			
7:45-8:40 pm Zumba® Andrei (Studio A)	7:30-8:25 pm Evening Yoga Debra (Studio A)	7:45-8:40 pm Zumba® Andrei (Studio A)	7:30-8:25 pm Evening Yoga Ali (Studio A)			

Paid/ Registration required

Evidence Based Programming *Pre Registration required