

FITNESS SCHEDULE @ METROWEST YMCA

Winter (January 4, 2026-February 22, 2026)

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 Studio) \$PAID CLASS\$	7:15-8:15 am FT Brady (Turf/FT Room) \$PAID CLASS\$	
7:00-8:00 am Swimming Basics for Triathlons Katrina (Pool) \$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 Brooke(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)	*Starts 1/17 8:15-9:15 am WTC Cris (Y & F) \$PAID CLASS\$	8:00-9:00 am Foundations for Strength & Muscle Brooke (Wellness Center) \$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)	9:00-10:00 am Adult Boxing Francois (Turf/ FT Room) \$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)
	10:30-11:30 am Foundations for Strength & Muscle Brooke (Wellness Center) \$PAID CLASS\$	10:00-10:55 am Gentle Yoga Raisa(Studio B)	10:30-11:30 am Powerful Women Leslie (Wellness Center) \$PAID CLASS\$	9:30-10:25 am Cycle Lauren (Cycle Studio)	9:15-10:15 am Intro to Strength Training (Y & F) \$PAID CLASS\$	9:30-10:30 am Stretch & Release Martine (Studio B) \$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)	9:15-9:55 am Kids FT (Ages 8-11) Brady (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(Turf) \$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 Brooke (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 (Y & F) \$PAID CLASS\$		11:00-12:00 pm Pedal for Parkinson's Leslie (Cycle Studio)	10:30-11:25 am Zumba 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 PWRI Jane (Studio A)	11:45 am-12:30 pm TRX Vanessa (Studio A)	12:15-1:10 pm Yoga Strength Joe (Studio A)	10:45-11:15 AM Yoga Kids Sarah (Studio B)	11:30-12:30 pm Powerful Women Brooke (Wellness Center) \$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)		11:30-12:00 PM Zumba Kids Duane (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)	1:00-2:00 PM Powerful Girls Sarah (Turf/ FT Room) \$PAID CLASS\$	11:30 am-12:25 pm Group Power Jenna (Studio A)
4:15-5:00 pm Cardio Dance Scott (Studio A)		4:00-5:00 pm Powerful Girls Katrina (Turf/ FT Room) \$PAID CLASS\$				12:45-1:40 pm Gentle Yoga Elizabeth (Studio A)
	5:30-6:15 pm Cycle Leslie (Cycle Studio)	4:00-5:00 pm Powerful Girls Jr Brooke (Studio A) \$PAID CLASS\$				4:00-5:00 pm Introduction to Yoga Liz(Studio B) 4wks starting 1/11, 1/18, 1/25, 2/1 \$PAID CLASS\$
5:00-6:00 pm Agility & Power for Athletes Brooke(Turf) \$PAID CLASS\$	4:30-5:10 PM Kids FT (Ages 5-7) Brady (Turf) \$PAID CLASS\$			4:00-5:00 pm Intro to Strength Training Brady (Y & F) \$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)	5:00-6:00 pm Kids Strength Training Vivek (Turf/ FT 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 (Turf/ FT Room) \$PAID CLASS\$	5:00-5:40 pm Kids FT (Ages 5-7) Brady (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® Leslie (Studio A)	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 & Sarah\$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	
*Starts 1/12 6:30-7:30 pm WTC Francois (Y & F) \$PAID CLASS\$	6:30-7:25 pm Group Power Leslie (Studio A)	*Starts 1/14 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 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

Prevention Wellness/Evidence Based Programing *Pre Registration required