

FITNESS SCHEDULE @ METROWEST YMCA

Spring 2 (April 27, 2026-June 21, 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 Nate/Katrina(Turf/FT Room) \$PAID CLASS\$	6:00-7:00 am FT Brooke (Turf/FT Room) \$PAID CLASS\$	6:00-7:00 am FT Nate/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\$		
7:00-8:00 am FT Nate (Turf/FT Room) \$PAID CLASS\$	7:00-8:00 am FT Brooke (Turf/FT Room) \$PAID CLASS\$	6:00-6:55 am Cycle Sam (Cycle Studio)		6:00-7:00 am Cycle Power Katrina (Cycle Studio) \$PAID CLASS\$	7:15-8:15 am FT Brady/Chris (Turf/FT Room) \$PAID CLASS\$	
6:00-6:55 am Cycle Sam (Cycle Studio)	7:00-7:55 am Vinyasa Flow Yoga Liz (Studio A)	7:00-8:00 am FT Nate (Turf/FT Room) \$PAID CLASS\$	7:00-7:45 am Bootcamp Brooke(Studio A)	7:00-8:00 am FT Sarah (Turf/FT Room) \$PAID CLASS\$	8:00-8:55 am Pilates Jane (Studio A)	8:00-8:55 am Cycle Leslie(Cycle Studio)* ends 5/10
8:00-8:55 am Group Active Annette (Studio A)	8:15-9:00 am Strength & Cardio Delaney (Studio A)	7:00-7:45 am TRX Leslie (Studio A)	8:00-8:55 am Pilates Annette (Studio A)	7:00-7:55 am Yoga Nissa (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)	8:00-8:55 am Zumba® Susan (Studio A)	9:15-10:10 am Group Power Leslie (Studio A)	8:15-9:00 am Core Fusion Jane (Studio A)		8:00-9:00 am Foundations for Strength & Muscle Brooke (Wellness Center) \$PAID CLASS\$
Pilates Annette (Studio B) 9:15-10:00 am	9:30-10:25 am Cycle Vanessa (Cycle Studio)	9:15-10:10 am Group Active Annette (Studio A)	9:30-10:25 am Cycle Vanessa (Cycle Studio)	9:15-10:10 am Step & Strength Jane (Studio A)	9:00-9:55 am Yoga Nissa (Studio B)	9:00-10:00 am Adult Boxing Francois (Turf/ FT Room) \$PAID CLASS\$
9:30-10:30 am FT Mauro/Margaret (Turf/FT Room) \$PAID CLASS\$		9:30-10:30 am FT Leslie (Turf/FT Room) \$PAID CLASS\$	10:00-10:55 am Vinyasa Flow Yoga Victoria (Studio B)	9:30-10:30 am FT Mauro/Margaret (Turf/FT Room) \$PAID CLASS\$	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\$	10:00-10:30 am Cycle Xpress Vanessa (Cycle Studio)	10:30-11:30 am Powerful Women Leslie (Wellness Center) \$PAID CLASS\$	9:30-10:25 am Chair Yoga & Your Brain Kathleen (Studio B)	9:15-10:15 am Intro to Strength Training Cris (Y & F) \$PAID CLASS\$	9:30-10:30 am Stretch & Release Martine (Studio B) \$PAID CLASS\$
10:15- 11:00 am Strength & Cardio Delaney (Studio A)	10:30-11:25 am Zumba Gold -Nancy	10:00-10:55 am Gentle Yoga Raisa(Studio B)* ends 5/20	10:30-11:25 am Senior Fitness Annette (Studio A)	9:30-10:15 am Cycle Lauren (Cycle Studio)	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)	10:30-11:25 am Senior Fitness Annette (Studio A)	10:45-11:30 am Bootcamp Mauro (Turf)	10:30-11:25 am Senior Fitness Annette (Studio A)	10:15-11:15 am FT Brady/Cris(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)	10:45-11:15 am Bootcamp Xpress Vanessa (Turf)		11:00-12:00 pm Agility & Conditioning for Active Adults Katrina(Turf) \$PAID CLASS\$	10:30-11:15 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)	11:00-12:00 pm Strength Training for Healthy Bones Brady (Y & F) \$PAID CLASS\$	11:45 am-12:30 pm TRX Vanessa (Studio A)	11:00-12:00 pm Pedal for Parkinson's Leslie (Cycle Studio)	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)	12:45-1:40 Pm Group Active Vanessa (Studio A)	11:45 am-12:45 pm Parkinson's PWRI Jane (Studio A)	1:00-2:00 pm Parkinson's Movement with Music Susan (Studio A)	12:15-1:10 pm Vinyasa Flow Yoga Joe (Studio A)	11:30-12:00 PM Zumba Kids Duane (Studio A)	11:30-12:30 pm Youth Boxing Francois (Turf) \$PAID CLASS\$
1:30-2:30 pm Enhanced Fitness Annette (Studio A)		12:00-12:55 pm Pilates HIIT Joe (Studio B)		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)		1:30-2:30 pm Enhanced Fitness Annette (Studio A)				12:45-1:40 pm Gentle Yoga Liz (Studio A)
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 Powerful Girls Katrina (Turf/ FT Room) \$PAID CLASS\$	5:00-6:00 pm Teen Boxing Francois (Turf/ FT Room) \$PAID CLASS\$	4:00-5:00 pm Intro to Strength Training Brady (Y & F) \$PAID CLASS\$		
5:15-6:10 pm Power Yoga Nissa (Studio A)	5:00-6:00 pm Kids Strength Training Vivek (Turf/ FT Room) \$PAID CLASS\$	4:00-5:00 pm Powerful Girls Jr Brooke (Studio A) \$PAID CLASS\$	*starting 5/14 4:15-5:10P TRX Circuit (Kevin)	5:00-5:40 pm Kids FT (Ages 5-7) Brady (Turf) \$PAID CLASS\$	<div style="border: 1px solid black; padding: 5px;"> <p>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.</p> </div>	
	5:30-6:25 pm Zumba® Ericka (Studio A)	5:15-5:55 pm Kids FT (Ages 8-11) Brady (Turf) \$PAID CLASS\$	5:30-6:15 pm Group Fight® Leslie (Studio A)	5:30-6:25 pm Zumba® Ericka (Studio A)		
	5:30-6:15 pm Cycle Leslie (Cycle Studio)	5:15-6:10 pm Power Yoga Nissa (Studio A)	6:00-6:45P Cycle (Annie)			
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\$		
6:30-7:30 pm WTC Alumni Group (Wellness center) Francois	7:00-8:00 pm FT Francois (Turf/ FT Room) \$PAID CLASS\$	6:15-7:15 pm Powerful Aging Leslie (Studio B/Wellness Center) \$PAID CLASS\$	6:30-7:25 pm Group Power Leslie (Studio A)		<p>JOIN THE MOVEMENT. JOIN FT. FT Monthly</p>	
6:30-7:25 pm Step & Strength Jane (Studio A)	6:30-7:25 pm Group Power Leslie (Studio A)	6:30-7:30 pm WTC Alumni Group (Wellness center) Francois	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)	6:30-7:25 pm Group Active Jane (Studio A)	7:30-8:25 pm Evening Yoga Ali (Studio A)		<p>RESERVE YOUR SPOT IN CLASS ON YMCA360</p>	
	Paid/ Registration required	7:45-8:40 pm Zumba® Andrei (Studio A)				

Prevention Wellness/Evidence Based Programming *Pre Registration required