

FITNESS SCHEDULE @ METROWEST YMCA

Summer 2026 (June 22, 2026-September 7, 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 Brooke(Turf/FT Room) \$PAID CLASS\$	6:00-7:00 am FT Brooke (Turf/FT Room) \$PAID CLASS\$	6:00-7:00 am FT Francois (Turf/FT Room) \$PAID CLASS\$	6:00-7:00 am FT Mauro(Turf/FT Room) \$PAID CLASS\$	6:00-7:00 am FT Jenna (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\$	6:00-6:55 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\$	
7:00-7:45 am Pilates Annette (Studio A) *starting 6/29	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)	7:00-8:00 am FT Sarah (Turf/FT Room) \$PAID CLASS\$	8:00-8:55 am Pilates Jane (Studio A)	
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)	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)		9:15-10:10 am Group Power Leslie (Studio A)	8:15-9:00 am Core Fusion Jane (Studio A)		
	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)	
9:30-10:30 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)
		10:00-10:30 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)	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\$
10:15- 11:00 am Strength & Cardio Delaney (Studio A)	10:30-11:25 am Senior Fitness w/Kelly (6/16-7/21) Zumba Gold Nancy starting *7/28 (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)	10:30-11:15 am Zumba Duane (Studio A)	10:30-11:25 am Zumba Lily (Studio A)
11:00-12:00 pm Strength Training for Healthy Bones Brooke (Y & F) \$PAID CLASS\$	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\$		
11:15 am-12:00 pm Parkinson's Delaney (Studio A)	11:00-12:00 pm Pedal for Parkinson's Leslie (Cycle Studio)			11:00-12:00 pm Pedal for Parkinson's Leslie (Cycle Studio)		11:00- 12:00pm Pedal for Parkinson's Leslie (Cycle Studio)
	11:45 am-12:30 pm TRX Vanessa (Studio A)	11:45 am-12:30 pm Parkinson's PWR! Jane (Studio A)	11:45 am-12:30 pm TRX Vanessa (Studio A)			11:30 am-12:25 pm Group Power Jenna (Studio A)
12:15-1:10 pm Yoga Strength Joe (Studio A)		12:00-12:55 pm Pilates HIIT Joe (Turf)		12:15-1:10 pm Vinyasa Flow Yoga Joe (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 Parkinson's Movement with Music Susan (Studio A)	1:30-2:30 pm Enhanced Fitness Annette (Studio A)		12:45-1:40 pm Gentle Yoga Liz (Studio A)
4:15-5:00 pm Cardio Dance Scott (Studio A)	4:30-5:10 PM Kids FT (Ages 5-7) Vivek(Turf) \$PAID CLASS\$		4:15-5:10 pm TRX Circuit Kevin/Leslie (Studio A)			
5:00-6:00 pm Athletic Conditioning & Performance for Fall sports Matinkho(Turf) \$PAID CLASS\$* starts 7/20	5:00-6:00 pm Youth & Teen Boxing Francois (Turf/ FT Room) \$PAID CLASS\$	5:00-6:00 pm Athletic Conditioning & Performance for Fall sports Brooke(Turf) \$PAID CLASS\$* starts 7/22			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.	
	5:30-6:25 pm Zumba® Ericka (Studio A)	5:15-5:55 pm Kids FT (Ages 8-11) Brady (Turf) \$PAID CLASS\$		5:30-6:25 pm Zumba® Ericka (Studio A)		
5:15-6:10 pm Power Yoga Nissa (Studio A)		5:15-6:10 pm Power Yoga Nissa (Studio A)	6:00-6:45P Annie (Cycle Studio)			
6:00-7:00 pm FT (Turf/FT Room) 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\$	JOIN THE MOVEMENT. JOIN FT. FT Monthly	
6:30-7:30 pm WTC Alumni Group (Wellness center) Francois			6:30-7:25 pm Group Power Leslie (Studio A)		RESERVE YOUR SPOT IN CLASS ON YMCA360	
6:30-7:25 pm Step & Strength Jane (Studio A)	6:30-7:25 pm Group Power Leslie (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