

FITNESS SCHEDULE @ METROWEST YMCA

Fall Sept 8, 2026-Nov 1, 2026

Schedules are subject to change, please check YMCA360 for 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 Brooke & Max (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\$		
6:00-6:55 am Cycle Sam (Cycle Studio)	7:00-8:00 am FT Brooke & Max (Turf/FT Room) \$PAID CLASS\$	6:00-6:55 am Cycle Sam (Cycle Studio)	7:00-7:45 am Bootcamp Brooke(Studio A)	6:00-7:00 am Cycle Power Katrina (Cycle Studio) \$PAID CLASS\$	7:15-8:15 am FT Cris (Turf/FT Room) \$PAID CLASS\$	8:00-8:45 am Cycle Leslie(Cycle Studio)
7:30-8:15 am Group Power Jenna 45 min (Studio A)	7:00-7:55 am Vinyasa Flow Yoga Liz (Studio A)	7:00-7:45 am TRX Leslie (Studio A)	8:00-8:55 am Pilates (Studio A) Leslie	7:00-8:00 am FT Sarah (Turf/FT Room) \$PAID CLASS\$	8:00-8:55 am Pilates Jane (Studio A)	8:15-8:55 am Kids FT(Ages 5-7) Brooke & Ciara (Turf/FT Room) \$PAID CLASS\$
	8:15-9:00 am Strength & Cardio Delaney (Studio A)	8:00-8:55 am Zumba® Susan (Studio A)	9:15-10:10 am Group Power Leslie (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 Liz(Studio A)
9:15-10:00 am Group Fight Katrina (Studio A)	9:15-10:10 am Strength Circuit Jane (Studio A)	9:15-10:00 am Group Fight Leslie (Studio A)	9:30-10:30 am Strength Training - Level 1 Elana (Y&F) \$PAID CLASS\$	8:15-9:00 am Core Fusion Jane (Studio A)	8:15-9:15 am WTC Cris (Turf/FT Room) \$PAID CLASS\$	
	9:30-10:25 am Cycle Fernanda (Cycle Studio)		9:30-10:25 am Cycle Fernanda (Cycle Studio)	9:15-10:10 am Step & Strength Jane (Studio A)		9:00-10:00 am Strength Training - Level 2 Brooke & Ciara (Wellness Center) \$PAID CLASS\$
9:30-10:30 am FT Mauro & Margaret (Turf/FT Room) \$PAID CLASS\$	9:30-10:30 am Stretch & Release Martine (Studio B) \$PAID CLASS\$	9:30-10:30 am FT Brooke & Mauro (Turf/FT Room) \$PAID CLASS\$	10:00-10:55 am Vinyasa Flow Yoga Victoria (Studio B)	9:30-10:30 am FT Margaret & 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\$
	10:30-11:30 am Strength Training - Level 2 Brooke (Wellness Center) \$PAID CLASS\$	10:30-11:25 am Gentle Yoga Raisa(Studio B)	10:30-11:30 am Powerful Women Leslie (Wellness Center) \$PAID CLASS\$	9:30-10:25 am Chair Yoga & Your Brain Kathleen (Studio B)	9:15-10:10 am Step & Strength Jane (Studio A)	9:15-10:10 am TRX Leslie (Studio A)
10:15- 11:00 am Strength & Cardio Delaney (Studio A)	10:30-11:25 am Senior Fitness Kelly(Studio A)	10:30-11:25 am Senior Fitness (Studio A) Jane	10:30-11:25 am Zumba Gold Nancy (Studio A)	10:30-11:25 am Senior Fitness (Studio A) Susan/Lauren		10:30-11:25 am Zumba Lily (Studio A)
	10:45-11:30 am Bootcamp Mauro (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 Sarah & Cris (Turf/FT Room) \$PAID CLASS\$	10:15-11:15 am FT Brooke (Turf/FT Room) \$PAID CLASS\$
	11:00-12:00 pm Pedal for Parkinson's Leslie (Cycle Studio)	11:00-12:00 pm Strength Training for Healthy Bones Brooke & Ciara (Y & F) \$PAID CLASS\$		11:00-12:00 pm Pedal for Parkinson's Leslie (Cycle Studio)	10:30-11:00 am Zumba Kids Duane (Studio A)	10:30-11:30 am Boxing for Parkinson's Francois/Leslie (Studio C)**Watch for Pop-up classes
11:15 am-12:00 pm Parkinson's Delaney (Studio A)	12:15-1:00 pm TRX Leslie (Studio A)	11:45 am-12:30 pm Parkinson's PWR! Jane (Studio A)	12:15-12:45 PM YMCA360 Guided Meditation Class(Studio A)* 10-20 min actual meditation time	12:15-1:10 pm Vinyasa Flow Yoga Joe (Studio A)	11:15 am-12:00 pm Zumba Duane (Studio A)	11:30-12:30 pm Family Strength Training Brooke (Wellness Center) \$PAID CLASS\$
12:15-1:10 pm Stretch N' Strength Nissa (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 Powerful Women Sarah OR Elana (Wellness Center) \$PAID CLASS\$	12:15-1:15 pm Youth Boxing Francois (Turf) \$PAID CLASS\$
1:30-2:30 pm Enhanced Fitness (Studio A)		1:30-2:30 pm Enhanced Fitness (Studio A)		1:30-2:30 pm Enhanced Fitness (Studio A)		11:30 am-12:25 pm Group Power Jenna (Studio A)
4:15-5:00 pm Cardio Dance Scott (Studio A)	4:15-4:55 PM Kids FT (Ages 5-7) Francois (Turf) \$PAID CLASS\$	4:00-5:00 pm Powerful Girls Margaret & Elana (Turf/ FT Room) \$PAID CLASS\$	4:15-5:10 pm TRX Circuit Kevin (Studio A)	4:00-5:00 PM Bo Staff Stephanie (Gym) \$PAID CLASS\$		12:45-1:40 pm Gentle Yoga Liz (Studio A)
	5:00-6:00 pm Youth & Teen Strength Training Vivek (Turf/ FT Room) \$PAID CLASS\$	4:00-5:00 pm Powerful Girls Jr Brooke (Studio A) \$PAID CLASS\$	5:00-6:00 pm Teen Boxing Francois (Turf/ FT Room) \$PAID CLASS\$	4:15-4:55 PM Spartan Training (Gym) \$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. 	
5:00-5:40 pm Agility & Power for Athletes Brooke (Turf) \$PAID CLASS\$	5:30-6:25 pm Zumba® Ericka (Studio A)	5:15-5:55 pm Kids FT Francois & Max (Ages 8-11) (Turf) \$PAID CLASS\$	5:30-6:15 pm BollyX® Priya/Sonia (Studio A)	5:00-6:00 am Strength Training - Level 1 Nate (Wellness Center) \$PAID CLASS\$		
5:15-6:10 pm Power Yoga Nissa (Studio A)		5:15-6:10 pm Power Yoga Nissa (Studio A)	6:00-6:45P Cycle (Annie)	5:30-6:25 pm Zumba® Ericka (Studio A)	JOIN THE MOVEMENT. JOIN FT. FT Monthly RESERVE YOUR SPOT IN CLASS ON YMCA360	
6:00-7:00 pm FT (Turf/FT Room) Brooke & Elana \$PAID CLASS\$	6:00-7:00 pm FT Vivek & Francois (Turf/ FT Room) \$PAID CLASS\$	6:00-7:00 pm FT Vivek & Max (Turf/ FT Room) \$PAID CLASS\$	6:00-7:00 pm FT Elana & Francois (Turf/ FT Room) \$PAID CLASS\$	6:00-7:00 pm FT Nate (Turf/ FT Room) \$PAID CLASS\$		
6:30-7:30 pm WTC Alumni Group (Wellness Center) Francois *starts 9/21		6:30-7:30 pm WTC (Wellness Center) Francois* starts 9/16	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 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 Programming *Pre-Registration required