FITNESS SCHEDULE @ METROWEST YMCA

Fall 2 (Nov 2, 2026-January 3, 2027)

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 & Elana (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 & Elana (Turf/FT Room) $PAID CLASS$	6:00-7:00 am FT Mauro (Turf/FT Room) $PAID CLASS$	6:00-7:00 am FT Matinkho & Elana (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)	7:00-8:00 am FT Elana (Turf/FT Room) $PAID CLASS$	6:00-7:00 am Cycle Power Katrina (Cycle Studio) $PAID CLASS$	7:15-8:15 am FT Nate (Turf/FT Room) $PAID CLASS$	7:15-8:15 am FT Francois (Turf/FT Room) $PAID CLASS$
7:30-8:15 am Group Power Jenna (Studio A)	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)	8:00-8:45 am Cycle Leslie(Cycle Studio)
	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 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)	9:15-10:10 am Group Power Leslie (Studio A)	9:15-10:10 am Step & Strength Jane (Studio A)	9:00-10:00 am Strength Training for Healthy Bones Nate (Y & F) $PAID CLASS$	8:30-9:30 AM Adult Boxing Francois (Turf/ FT Room) $PAID CLASS$
	9:30-10:15 am Cycle Fernanda (Cycle Studio)		9:30-10:15 am Cycle Fernanda (Cycle Studio)		9:00-9:55 am Yoga Nissa (Studio B)	
					9:15-10:10 am Step & Strength Jane (Studio A)	9:15-10:10 am TRX Leslie (Studio A)
9:30-10:30 am FT Mauro & Margaret (Turf/FT Room) $PAID CLASS$		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) $PAID CLASS$	9:15-9:55 am Kids FT(Ages 8-11) Anthony (Turf/FT Room) $PAID CLASS$	9:30-10:10 AM Kids FT (Ages 5-7) Brooke (Turf) $PAID CLASS$
	10:30-11:25 am Senior Fitness Kelly(Studio A)	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)	9:30-10:15 am Cycle Sarah (Cycle Studio)	10:30-11:25 am Zumba Lily (Studio A)
10:15- 11:00 am Strength & Cardio Delaney (Studio A)	10:45-11:30 am Bootcamp Mauro (Turf)	10:30-11:25 am Senior Fitness Annette (Studio A)	10:30-11:25 am Zumba Gold Nancy (Studio A)		10:15-11:15 am FT Nate & Sarah (Turf/FT Room) $PAID CLASS$	10:15-11:15 am FT Brooke & Ciara (Turf/FT Room) $PAID CLASS$
11:00-12:00 pm Strength Training - Level 1 Martine (Y & F) $PAID CLASS$		11:00-12:00 pm Strength Training for Healthy Bones Lily (Y & F) $PAID CLASS$	10:45-11:30 am Bootcamp Mauro (Turf)	10:30-11:25 am Senior Fitness Annette (Studio A)	10:30-11:00 am Zumba Kids Duane (Studio A)	10:30-11:30 am Boxing for Parkinson's Francois/Leslie (Studio B)
11:15 am-12:00 pm Parkinson's Delaney (Studio A)	11:00-12:00 pm Pedal for Parkinson's Leslie (Cycle Studio)	11:45 am-12:30 pm Parkinson's PWR! Jane (Studio A)		11:00-12:00 pm Pedal for Parkinson's Leslie (Cycle Studio)	11:15 am-12:00 pm Zumba Duane (Studio A)	11:15-11:55 AM Family Strength Training Brooke (Turf & FT)) $PAID CLASS$
12:15-1:10 pm Stretch N' Strength Nissa (Studio A)	12:15-1:00 pm TRX Leslie (Studio A)	12:00-12:55 pm Pilates HIIT Joe (Studio B)	12:15-12:45 PM YMCA360 Guided Meditation Class(Studio A)* 10-20 min actual time	12:15-1:10 pm Vinyasa Flow Yoga Joe (Studio A)	11:30-12:30 pm Strength Training - Level 2 Elana (Wellness Center) $PAID CLASS$	12:00-1:00 pm Youth Boxing Francois (Turf) $PAID CLASS$
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)	11:30-12:30 pm Powerful Girls Sarah (Wellness Center) $PAID CLASS$	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 Margaret & Elana (Turf/ FT Room) $PAID CLASS$				12:45-1:40 pm Gentle Yoga Liz (Studio A)
4:30-5:10 PM Kids FT (Ages 5-7) Brooke (Turf) $PAID CLASS$		4:00-5:00 pm Powerful Girls Jr Brooke (Studio A) $PAID CLASS$	4:30-5:15 pm TRX Leslie (Studio A)	4:00-5:00 PM Bo Staff Stephanie (Gym) $PAID CLASS$		2:00-2:40 PM Agility & Power for Athletes Brooke (Wellness Center) $PAID CLASS$
	5:00-6:00 pm Youth & Teen Strength Training Vivek & Francois (Turf/ FT Room) $PAID CLASS$	5:00-6:00 pm Strength Training - Level 1 Francois (Y & F) $PAID CLASS$	5:00-6:00 pm Teen Boxing Francois (FT Room) $PAID CLASS$	5:00-6:00 am Strength Training - Level 2 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)	5:15-5:55 PM Kids FT (Ages 8-11) Lily (Turf) $PAID CLASS$			
5:30-6:30 PM FT Brooke & Elana (Turf/ FT) $PAID CLASS$	5:30-6:25 pm Zumba® Ericka (Studio A)	5:30-6:30 PM FT Vivek & Max (Turf/ FT) $PAID CLASS$	5:30-6:15 pm BollyX® Priya/Sonia (Studio A)	5:30-6:25 pm Zumba® Ericka (Studio A)		
6:30-7:30 pm FT Brendan & Martine (Turf/FT Room) $PAID CLASS$	6:00-6:45P Cycle Ben (Cycle Studio)	6:30-7:30 pm FT (Turf/FT Room) Vivek & Max $PAID CLASS$	6:00-6:45P Cycle Annie (Cycle Studio)			
6:30-7:25 pm Step & Strength Jane (Studio A)	6:00-7:00 pm FT Vivek & Francois (Turf/ FT Room) $PAID CLASS$	6:30-7:25 pm Group Active Jane (Studio A)	6:00-7:00 pm FT Elana & Francois (Turf/ FT Room) $PAID CLASS$	6:00-7:00 pm FT Nate (Turf/ FT Room) $PAID CLASS$		
	6:30-7:25 pm Group Power Leslie (Studio A)		6:30-7:25 pm Group Power Leslie (Studio A)			
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)	7:15-8:15 pm Adult Boxing Francois (Turf/ FT Room) $PAID CLASS$			
			7:30-8:25 pm Evening Yoga Ali (Studio A)			

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.

JOIN THE MOVEMENT. JOIN FT.
FT Monthly

Paid/ Registration required

Prevention Wellness/Evidence Based Programing *Pre-Registration required

RESERVE YOUR SPOT IN CLASS ON YMCA360