

FITNESS SCHEDULE @ METROWEST YMCA

Starting March 18, 2024

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Schedules are subject to change, please keep an eye on YMCA360 as that should have the most up-to-date information.

ALL CLASSES ARE 55 MIN UNLESS OTHERWISE STATED.

6:00 am FT Matinkho (Turf/FT Room) \$PAID CLASS\$	6:00 am FT Matinkho (Turf/FT Room) \$PAID CLASS\$	6:00 am FT Mauro (Turf/FT Room) \$PAID CLASS\$	6:00 am FT Matinkho (Turf/FT Room) \$PAID CLASS\$	6:00 am FT Matinkho (Turf/FT Room) \$PAID CLASS\$		
6:00 am Cycle Sam (Cycle Studio)	7:00 am FT Matinkho (Turf/FT Room) \$PAID CLASS\$	6:00 am Cycle Sam (Cycle Studio)	7:00 am FT Matinkho (Turf/FT Room) \$PAID CLASS\$	6:00 am Cycle Power Katrina (Cycle Room) \$PAID CLASS\$	7:15 am FT Matinkho (Turf/FT Room) \$PAID CLASS\$	8:00- 9:00am Cycle Leslie (Cycle Studio)
	7:15 am Vinyasa Flow Yoga Joe (Studio A)	7:00-7:45 am Bootcamp Delaney (Studio A)		7:00 am Yoga Nissa (Studio A)	8:00 am Pilates Jane (Studio A)	8:00 Power Yoga Nissa (Studio A)
8:00 am Group Active Annette (Studio A)	8:15-9:00 am Strength & Cardio Delaney (Studio A)	8:00 am Zumba@ Susan (Studio A)	8:00 am Group Active Annette (Studio A)	8:15-9:00 am Core Fusion Jane (Studio A)		9:15 am TRX Leslie (Studio A)
9:15 am Group Fight Katrina (Studio A)	9:15 am Strength Circuit Jane (Studio A)	9:15 am Pilates Annette (Studio A)	9:15 am TRX Kevin (Studio A)	9:15 am Step & Strength Jane (Studio A)	9:00am Yoga Nissa (Turf)	10:15 am FT Kevin (Turf/FT Room) \$PAID CLASS\$
9:30 am FT Mauro (Turf/FT Room) \$PAID CLASS\$	9:30 am Cycle Vanessa (Cycle Studio)	9:30 am FT Kevin (Turf/FT Room) \$PAID CLASS\$	9:30 am Cycle Vanessa (Cycle Studio)	9:30 am FT Mauro (Turf/FT Room) \$PAID CLASS\$	9:15 am Step & Strength Jane (Studio A)	10:30 am Zumba Lily (Studio A)
10:15- 11:00 am Strength and Cardio Delaney (Studio A)	10:30 am Senior Fitness Annette (Studio A)	10:30 am Senior Fitness Annette (Studio A)	10:30 am Senior Fitness Annette (Studio A)	10:30 am Senior Fitness Annette (Studio A)	10:15 am FT Matinkho (Turf/FT Room) \$PAID CLASS\$	11:00- 12:00pm Pedal for Parkinson's Leslie (Cycle Studio)
	10:45-11:30 am Bootcamp Mauro (Turf)		10:45-11:30 am Bootcamp Mauro (Turf)		10:30 am Zumba@ Einat (Studio A)	11:30 am BollyX Rajani (Studio A)
	11:00-12:00 pm Pedal for Parkinson's Leslie (Cycle Studio)	11:00- 12:00 pm Parkinson's PWR! Jane (Gym)		11:00-12:00 pm Pedal for Parkinson's Leslie (Cycle Studio)		12:45 pm Gentle Yoga Elizabeth (Studio A)
11:05-11:50 am Parkinson's Delaney (Studio A)		12:00 pm TRX Circuit Kevin (FT)				
12:00 pm Yoga Strength Joe (Studio A)	12:00 pm TRX Delaney (Studio A)	12:00 pm Pilates HIIT Joe (Studio A)		12:00 pm Yoga Strength 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)		
4:15-5:00 pm Bootcamp Kevin (Studio A)	4:15-4:45 pm Cardio Kids Kevin (Y and F)	4:00-5:00 pm Powerful Girls Katrina (FT) \$PAID CLASS\$				
5:00 pm Teen Weighlifting Francois (Turf/ FT Room) \$PAID CLASS\$	4:15 pm Gentle Yoga Donnalee (Studio A)		5:00 pm Adult Boxing Francois (FT) \$PAID CLASS\$			
5:15 pm Power Yoga Nissa (Studio A)	5:00 pm Teen Boxing Francois (FT) \$PAID CLASS\$	5:15 pm Power Yoga Nissa (Studio A)	5:30 pm Cardio Dance Scott (Studio A)	5:30 pm Zumba@ Ericka (Studio A)		
	5:30 pm Zumba@ Ericka (Studio A)	6:00 pm Cycle Vanessa (Cycle Studio)				
6:00 pm FT Bri (Turf/FT Room) \$PAID CLASS\$	6:00 pm FT Brendan (Turf/FT Room) \$PAID CLASS\$	6:00 pm FT Kevin (Turf/FT Room) \$PAID CLASS\$	6:00 pm FT Brendan (Turf/FT Room) \$PAID CLASS\$	6:00 pm FT Brendan (Turf/FT Room) \$PAID CLASS\$		
6:30 pm Step & Strength Jane (Studio A)	6:30 pm Group Power Leslie (Studio A)	6:30 pm Group Active Jane (Studio A)	6:30 pm Group Power Leslie (Studio A)			
7:45 pm Zumba@ Andrei (Studio A)	7:30 pm Yoga Deb (Studio A)	7:45 pm Zumba@ Andrei (Studio A)	7:30pm Yoga Ali (Studio A)			
7:15-8:00 pm WTC (Turf/ FT Room) \$PAID CLASS\$			7:15-8:00 pm WTC Brendan (Turf/ FT Room) \$PAID CLASS\$			

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Paid/ Registration required

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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.