

## FITNESS SCHEDULE @ METROWEST YMCA

10/28/24-12/22/24

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.						
6:00-7:00 am FT Matinkho (Turf/FT Room) <b>\$PAID CLASS\$</b>	6:00-7:00 am FT Matinkho (Turf/FT Room) <b>\$PAID CLASS\$</b>	6:00-7:00 am FT Mauro (Turf/FT Room) <b>\$PAID CLASS\$</b>	6:00-7:00 am FT Matinkho (Turf/FT Room) <b>\$PAID CLASS\$</b>	6:00-7:00 am FT Matinkho (Turf/FT Room) <b>\$PAID CLASS\$</b>		
6:00-6:55 am Cycle Sam (Cycle Studio)		6:00-6:55 am Cycle Sam (Cycle Studio)		6:00-7:00 am Cycle Power Katrina (Cycle Power) <b>\$PAID CLASS\$</b>		
	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 Leslie (Studio A)	7:00-7:55 am Yoga Nissa (Studio A)	7:15-8:15 am FT Matinkho (Turf/FT Room) <b>\$PAID CLASS\$</b>	
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 Group Active Annette (Studio A)	8:15-9:00 am Core Fusion Jane (Studio A)	8:00-8:55 am Pilates Jane (Studio A)	8:00-8:55 am Cycle Leslie (Cycle Studio)
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 Pilates Annette (Studio A)	9:15-10:00 am Group Fight Leslie (Studio A)	9:15-10:10 am Step & Strength Jane (Studio A)	<b>STARTING 10/19</b> 8:00-8:55 am Yoga Nissa (Studio B/ Teen Center)	8:00-8:55 am Power Yoga Nissa (Studio A)
9:30-10:30 am FT Mauro (Turf/FT Room) <b>\$PAID CLASS\$</b>	9:30-10:25 am Cycle Vanessa (Cycle Studio)	9:30-10:30 am FT Leslie (Turf/FT Room) <b>\$PAID CLASS\$</b>	9:30-10:25 am Cycle Vanessa (Cycle Studio)	9:30-10:30 am FT Mauro (Turf/FT Room) <b>\$PAID CLASS\$</b>	8:30-9:30 am WTC Daniel (Turf/FT Room) <b>\$PAID CLASS\$</b>	9:00-10:00 am Adult Boxing Francois (Turf/FT Room) <b>\$PAID CLASS\$</b>
10:15- 11:00 am Strength and Cardio Delaney (Studio A)	9:30-10:30 am Adult Boxing Yash (Turf/ FT Room) <b>\$PAID CLASS\$</b>	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)	<b>STARTING 10/19</b> 9:00-9:55 am Yoga Nissa (Studio B/ Teen Center)	9:15-10:10 am TRX Leslie (Studio A)
11:00-12:00 pm Strength Training for Healthy Bones Martine (Turf/Y & F) <b>\$PAID CLASS\$</b>	10:30-11:25 am Senior Fitness Kelly (Studio A)		10:45-11:30 am Bootcamp Mauro (Turf)	11:00-12:00 pm Strength Training for Pickleball Katrina (Turf/FT Room) <b>\$PAID CLASS\$</b>	9:15-10:10 am Step & Strength Jane (Studio A)	10:30-11:25 am Zumba Lily (Studio A)
11:15 am-12:00 pm Parkinson's Delaney (Studio A)	10:45-11:30 am Bootcamp Mauro (Turf)	11:45 am-12:45 pm Parkinson's PWR! Jane (Studio A)	10:45-11:45 am Powerful Women Leslie (Turf/FT Room) <b>\$PAID CLASS\$</b>	11:00-12:00 pm Pedal for Parkinson's Leslie (Cycle Studio)	10:15-11:15 am FT Matinkho (Turf/FT Room) <b>\$PAID CLASS\$</b>	10:15-11:15 am FT Francois (Turf/FT Room) <b>\$PAID CLASS\$</b>
12:15-1:10 pm Yoga Strength Joe (Studio A)	11:00-12:00 pm Pedal for Parkinson's Leslie (Cycle Studio)	12:15-1:10 pm Pilates HIIT Joe (Turf)	11:45 am-12:30 pm TRX Vanessa (Studio A)	12:15-1:10 pm Yoga Strength Joe (Studio A)	10:30-11:25 am BollyX@ Rajani (Studio A)	11:00- 12:00pm Pedal for Parkinson's Leslie (Cycle Studio)
	11:45 am-12:30 pm TRX Vanessa (Studio A)		1:00-2:00 pm Parkinson's Movement with Music Susan (Studio A)		11:30-12:30 pm Powerful Women (Turf/FT Room) <b>\$PAID CLASS\$</b>	12:45-1:40 pm Gentle Yoga Elizabeth (Studio A)
4:15-5:00 pm Cardio Dance Scott (Studio A)	4:15-4:45 pm Cardio Kids Vivek (Y & F)	4:00-5:00 pm Powerful Girls Katrina (Turf/FT Room) <b>\$PAID CLASS\$</b>				
4:45-5:15 pm Kids FT (Ages 5-7) Katrina (Turf) <b>\$PAID CLASS\$</b>			5:00-6:00 pm Teen Boxing Francois (Turf/ FT Room) <b>\$PAID CLASS\$</b>	5:00-6:00 pm Teen Weightlifting Daniel (Turf/ FT Room) <b>\$PAID CLASS\$</b>	<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> 	
5:15-6:10 pm Power Yoga Nissa (Studio A)		5:15-6:10 pm Power Yoga Nissa (Studio A)	5:15-6:15 pm Essentrics@ Laura (Studio A)	5:30-6:25 pm Zumba@ Ericka (Studio A)		
5:20-5:50 pm Kids FT (Ages 8-11) Francois (Turf) <b>\$PAID CLASS\$</b>	5:30-6:25 pm Zumba@ Ericka (Studio A)		6:00-6:55 pm Cycle Annie (Cycle Studio)			
6:00-7:00 pm FT (Turf/FT Room) Matinkho <b>\$PAID CLASS\$</b>	6:00-7:00 pm FT Daniel (Turf/ FT Room) <b>\$PAID CLASS\$</b>	6:00-7:00 pm FT Daniel (Turf/ FT Room) <b>\$PAID CLASS\$</b>	6:00-7:00 pm FT Daniel (Turf/ FT Room) <b>\$PAID CLASS\$</b>	6:00-7:00 pm FT Daniel (Turf/ FT Room) <b>\$PAID CLASS\$</b>		
6:30-7:30 pm WTC Francois (Y & F) <b>\$PAID CLASS\$</b>	6:30-7:25 pm Group Power Leslie (Studio A)	6:30-7:30 pm WTC Francois (Y & F) <b>\$PAID CLASS\$</b>	6:30-7:25 pm Group Power Leslie (Studio A)		<p><b>JOIN THE MOVEMENT. JOIN FT.</b></p> <p><a href="#">FT Monthly</a>      <a href="#">FT 5 Classes</a>      <a href="#">FT 10 Classes</a></p>	
6:30-7:25 pm Step & Strength Jane (Studio A)		6:30-7:25 pm Group Active Jane (Studio A)	7:15-8:15 pm Adult Boxing Francois (Turf/ FT Room) <b>\$PAID CLASS\$</b>			
7:45-8:40 pm Zumba@ Andrei (Studio A)	7:30-8:25 pm Yoga Deb (Studio A)	7:45-8:40 pm Zumba@ Andrei (Studio A)	7:30-8:25 pm Yoga Ali (Studio A)			

Paid/ Registration required

RESERVE YOUR SPOT IN CLASS HERE ON YMCA360