


FITNESS SCHEDULE @ METROWEST YMCA

Starting January 6, 2024

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 (Turf/FT Room) \$PAID CLASS\$	6:00-7:00 am FT Matinkho (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\$	6:00-7:00 am FT Matinkho (Turf/FT Room) \$PAID CLASS\$			
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) \$PAID CLASS\$			
	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) \$PAID CLASS\$		
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)	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) \$PAID CLASS\$	9:30-10:25 am Cycle Vanessa (Cycle Studio)	9:30-10:30 am FT Leslie (Turf/FT Room) \$PAID CLASS\$	9:30-10:25 am Cycle Vanessa (Cycle Studio)	9:30-10:30 am FT Mauro (Turf/FT Room) \$PAID CLASS\$	8:30-9:30 am WTC Daniel (Turf/FT Room) \$PAID CLASS\$	9:00-10:00 am Adult Boxing Francois (Turf/FT Room) \$PAID CLASS\$	
		10:30-11:30 am Stretch & Release Martine (Studio B) \$PAID CLASS\$	STARTING 1/9: 10:00-10:55 am Vinyasa Flow Yoga Victoria (Studio B)		9:00-9:55 am Yoga Nissa (Studio B/ Teen Center)		
10:15- 11:00 am Strength and Cardio Delaney (Studio A)	10:30-11:25 am Senior Fitness Kelly (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)	9:15-10:10 am Step & Strength Jane (Studio A)	9:15-10:10 am TRX Leslie (Studio A)	
11:00-12:00 pm Strength Training for Healthy Bones/ Powerful Women Katrina/ Martine (Turf/Y & F) \$PAID CLASS\$	10:45-11:30 am Bootcamp Mauro (Turf)	10:00-10:30 am Cycle Xpress Vanessa (Cycle Studio)	10:45-11:30 am Bootcamp Mauro (Turf)	11:00-12:00 pm Strength Training for Pickleball Katrina (Turf/FT Room) \$PAID CLASS\$	9:30-10:00 am Kids FT (Ages 8-11) Matinkho (Turf) \$PAID CLASS\$	10:30-11:25 am Zumba Lily (Studio A)	
11:15 am-12:00 pm Parkinson's Delaney (Studio A)	11:00-12:00 pm Pedal for Parkinson's Leslie (Cycle Studio)	10:45-11:15 am Bootcamp Xpress Vanessa (Turf)	10:15-11:15 am Powerful Women/ Strength Training for Healthy Bones Leslie (Turf/FT Room) \$PAID CLASS\$	11:00-12:00 pm Pedal for Parkinson's Leslie (Cycle Studio)	10:15-11:15 am FT Matinkho (Turf/FT Room) \$PAID CLASS\$	10:15-11:15 am FT Francois (Turf/FT Room) \$PAID CLASS\$	
12:15-1:10 pm Yoga Strength Joe (Studio A)	11:45 am-12:30 pm TRX Vanessa (Studio A)	11:45 am-12:45 pm Parkinson's PWR! Jane (Studio A)	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)	STARTING 1/12/25 11:30 am-12:25 pm Group Power Jenna (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)			11:00- 12:00pm Pedal for Parkinson's Leslie (Cycle Studio)	
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) \$PAID CLASS\$				12:45-1:40 pm Gentle Yoga Elizabeth (Studio A)	
4:45-5:15 pm Kids FT (Ages 5-7) Katrina (Turf) \$PAID CLASS\$		5:10-5:40 pm Kids FT (Ages 5-7) (Turf) \$PAID CLASS\$	5:00-6:00 pm Teen Boxing Francois (Turf/ FT Room) \$PAID CLASS\$	5:00-6:00 pm Teen Weightlifting Daniel (Turf/ FT Room) \$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.		
5:15-6:10 pm Power Yoga Nissa (Studio A)	5:00-6:00 pm Teen Weightlifting Francois (Turf/ FT Room) \$PAID CLASS\$	5:15-6:10 pm Power Yoga Nissa (Studio A)	5:15-6:15 pm Essentrics® Laura (Studio A)	5:30-6:30 pm Powerup Aging for Women Leslie (Studio B/ Wellness Center) \$PAID CLASS\$			
5:20-5:50 pm Kids FT (Ages 8-11) Francois (Turf) \$PAID CLASS\$	5:30-6:25 pm Zumba® Ericka (Studio A)		6:00-6:55 pm Cycle Annie (Cycle Studio) ENDING 1/9/25	5:30-6:25 pm Zumba® Ericka (Studio A)			
6:00-7:00 pm FT (Turf/FT Room) Matinkho \$PAID CLASS\$	6:00-7:00 pm FT Daniel (Turf/ FT Room) \$PAID CLASS\$	6:00-7:00 pm FT Daniel (Turf/ FT Room) \$PAID CLASS\$	6:00-7:00 pm FT Daniel (Turf/ FT Room) \$PAID CLASS\$	6:00-7:00 pm FT Daniel (Turf/ FT Room) \$PAID CLASS\$			
6:30-7:30 pm WTC Francois (Y & F) \$PAID CLASS\$	6:30-7:25 pm Group Power Leslie (Studio A)	6:30-7:30 pm WTC Francois (Y & F) \$PAID CLASS\$	6:30-7:25 pm Group Power Leslie (Studio A)				
6:30-7:25 pm Step & Strength Jane (Studio A)	7:15-8:15 pm Adult Boxing Yash (Turf/ FT Room) \$PAID CLASS\$	6:30-7:25 pm Group Active Jane (Studio A)	7:15-8:15 pm Adult Boxing Francois (Turf/ FT Room) \$PAID CLASS\$	FIRST FRI OF EVERY MONTH 7:00-8:15 pm Restorative Yoga Elizabeth (Studio A) \$PAID CLASS\$			
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)		JOIN THE MOVEMENT. JOIN FT.		
					FT Monthly	FT 5 Classes	FT 10 Classes

Paid/ Registration required

RESERVE YOUR SPOT IN CLASS HERE ON YMCA360