

FITNESS SCHEDULE @ METROWEST YMCA

Starting June 24-September 1, 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 Liz (Turf/FT Room) \$PAID CLASS\$	6:00 am FT Mauro (Turf/FT Room) \$PAID CLASS\$	6:00 am FT Mauro (Turf/FT Room) \$PAID CLASS\$	6:00 am FT Katrina (Turf/FT Room) \$PAID CLASS\$	6:00 am FT Liz (Turf/FT Room) \$PAID CLASS\$		
6:00 am Cycle Sam (Cycle Studio)		6:00 am Cycle Sam (Cycle Studio)		6:00 am Cycle Power Katrina (Cycle Room) \$PAID CLASS\$		
	7:15 am Vinyasa Flow Yoga Liz (Studio A)			7:00 am 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)	8:00 am Pilates Jane (Studio A)	8:00 Power Yoga Nissa (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)	9:15 am TRX Leslie (Studio A)
9:30 am FT Mauro (Turf/FT Room) \$PAID CLASS\$	9:30 am Cycle Vanessa (Cycle Studio)	9:30 am FT Leslie (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)	9:30 am FT Kevin (Turf/FT Room) \$PAID CLASS\$
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 Rotating (Turf/FT Room) \$PAID CLASS\$	10:30 am Zumba Lily (Studio A)
	10:45-11:30 am Bootcamp Mauro (Turf)	11:00-11:45 am TRX Circuit Kevin (FT)	10:45-11:30 am Bootcamp Mauro (Turf)		10:30 am Zumba@ Einat (Studio A)	11:00- 12:00pm Pedal for Parkinson's Leslie (Cycle Studio)
11:05-11:50 am Parkinson's Delaney (Studio A)	11:00-12:00 pm Pedal for Parkinson's Leslie (Cycle Studio)	11:45 am-12:45 pm Parkinson's PWR! Jane (Studio A)		11:00-12:00 pm Pedal for Parkinson's Leslie (Cycle Studio)		12:45 pm Gentle Yoga Elizabeth (Studio A)
12:00 pm Yoga Strength Joe (Studio A)	12:00 pm TRX Vanessa (Studio A)	12:00 pm Pilates HIIT Joe (Turf)		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)						
5:15 pm Power Yoga Nissa (Studio A)		5:15 pm Power Yoga Nissa (Studio A)		5:30 pm Zumba@ Ericka (Studio A)		
5:15-5:45 pm Track & Field Katrina/ Kevin (Turf/ FT Room) \$PAID CLASSES\$	5:30 pm Zumba@ Ericka (Studio A)					
6:00 pm FT Bri (Turf/FT Room) \$PAID CLASS\$	6:00 pm FT Liz (Turf/FT Room) \$PAID CLASS\$	6:00 pm FT Kevin (Turf/FT Room) \$PAID CLASS\$	6:00 pm Adult Boxing Francois (FT) \$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)			



[RESERVE YOUR SPOT IN CLASS HERE ON YMCA360](https://ymca360.com)

Paid/ Registration required

JOIN THE MOVEMENT. JOIN FT.

[FT Monthly](#) [FT 5 Classes](#) [FT 10 Classes](#)

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.