

WATERTOWN FAMILY YMCA Community Center: Cardio Studio April 1st- 30th

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|---|--|--|--|
| VIRTUAL BODYPUMP 5:15 – 6:00 AM | VIRTUAL BODYATTACK 5:15 – 6:00 AM | VIRTUAL BODYCOMBAT 5:15 – 6:00 AM | VIRTUAL BODYPUMP 5:15 – 6:00 AM | VIRTUAL GRIT Strength 5:15 – 5:45 AM | VIRTUAL BODYATTACK 6:15 – 7:00 AM | VIRTUAL BODYPUMP 8:15 – 9:00 AM |
| VIRTUAL BODYATTACK 6:15 – 7:00 AM | VIRTUAL GRIT Cardio 6:15 – 6:45 AM | VIRTUAL BODYPUMP 6:15 – 7:00 AM | VIRTUAL GRIT Cardio 6:15 – 6:45 AM | VIRTUAL BODYCOMBAT 6:15 – 7:00 AM | VIRTUAL BODYCOMBAT 7:45 – 8:15 AM | VIRTUAL BODYCOMBAT Base 9:30 – 10:05 AM |
| VIRTUAL GRIT Cardio 7:00 – 7:30 AM | VIRTUAL BODYCOMBAT 7:00 – 7:45 AM | VIRTUAL GRIT 7:00 – 7:30 AM | VIRTUAL BODYATTACK 7:00 – 7:45 AM | VIRTUAL GRIT Strength 7:00 – 7:30 AM | Instructors Choice 8:30AM – 9:30AM | ZUMBA 10:15AM – 11:15AM |
| Enhance Fitness 8:00 – 9:00 AM | BODYPUMP™ 8:30 – 9:30 AM | Enhance Fitness 8:00 – 9:00 AM | BODYPUMP™ 8:30 – 9:30 AM | Enhance Fitness 8:00 – 9:00 AM | VIRTUAL BODYATTACK 10:00 – 10:45 AM | VIRTUAL BODYPUMP 11:30 – 12:15 AM |
| LES MILLS TONE™ 9:30 – 10:15 AM | Pilates 9:40 – 10:40 AM | Arthritis Foundation Exercise Program 11:00 AM – 12:00 PM | Pilates 9:40 – 10:40 AM | BODYPUMP™ 9:15 – 10:15 AM | VIRTUAL BODYCOMBAT 11:00 – 11:30 AM | VIRTUAL BODYATTACK 12:30 – 1:15 PM |
| Arthritis Foundation Exercise Program 11:00 AM – 12:00 PM | Silver Sneakers Classic 11:15 AM – 12:15 PM | Tai Chi –24 Forms 12:00 – 12:45 PM | Silver Sneakers Classic 11:15 AM – 12:15 PM | ZUMBA 10:30 – 11:30 AM | VIRTUAL BODYPUMP 12:30 – 1:15 PM | VIRTUAL BODYPUMP 2:00 – 2:45 PM |
| Tai Chi for Arthritis 12:00 – 12:45 PM | VIRTUAL BODYATTACK 12:30 – 1:15 PM | VIRTUAL BODYPUMP 2:00 – 2:45 PM | VIRTUAL BODYATTACK 12:30 – 1:15 PM | Silver Sneakers Classic 11:45AM – 12:45PM | VIRTUAL BODYCOMBAT 2:00 – 2:45 PM | VIRTUAL BODYCOMBAT 3:00 – 3:45 PM |
| VIRTUAL BODYCOMBAT 2:00 – 2:45 PM | VIRTUAL BODYCOMBAT 1:30 – 2:00 PM | VIRTUAL GRIT 3:00 – 3:30 PM | VIRTUAL BODYCOMBAT 1:30 – 2:00 PM | VIRTUAL BODYPUMP 1:00PM – 1:45PM | VIRTUAL BODYPUMP 3:00 – 3:45 PM | VIRTUAL BODYATTACK 4:00 – 4:30 PM |
| VIRTUAL GRIT Strength 3:00 – 3:30 PM | VIRTUAL BODYPUMP 2:30 – 3:00 PM | Shine/Zumba 30-30 Class 4:30 – 5:30 PM | VIRTUAL BODYPUMP 2:30 – 3:00 PM | VIRTUAL BODYATTACK 2:00 – 2:45 PM | | |
| VIRTUAL BODYATTACK 3:30PM – 4:00PM | VIRTUAL BODYCOMBAT 3:30 – 4:15 PM | VIRTUAL BODYPUMP 5:45 – 6:30PM | VIRTUAL BODYATTACK 3:30 – 4:15 PM | VIRTUAL GRIT Athletic 3:00 – 3:30 PM | | |
| BODYPUMP™ 4:30 – 5:30 PM | ZUMBA 5:00 – 6:00 PM | VIRTUAL BODYPUMP 7:30 – 8:00 PM | LES MILLS TONE 5:15 – 5:55 BEGINS APRIL 11TH | VIRTUAL BODYPUMP 4:30 – 5:15 PM | | |
| VIRTUAL GRIT Strength 5:45 – 6:15 PM | VIRTUAL SH'BAM 6:30 – 7:15 PM | | VIRTUAL BODYCOMBAT 6:30 – 7:15 PM | VIRTUAL CORE 5:30 – 6:00 PM | | |
| VIRTUAL BODYATTACK 6:30 – 7:15 PM | VIRTUAL BODYPUMP 8:00 – 8:30 PM | | VIRTUAL BODYPUMP 8:00 – 8:30 PM | VIRTUAL GRIT Cardio 6:30 – 7:00 PM | | |
| VIRTUAL GRIT Athletic 7:30PM – 8:00PM | | | | VIRTUAL GRIT Strength 7:30 – 8:00 PM | | |

LIVE CLASS

WATERTOWN FAMILY YMCA Community Center: Spin Studio April 1st- 30th

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--------------------------------------|--|--|---------------------------------------|--------------------------------------|------------------------------------|
| VIRTUAL RPM 5:30 – 6:00 AM | Indoor Cycling ICG 5:15 – 6:00 AM | VIRTUAL RPM 5:30 – 6:20 AM | VIRTUAL SPRINT 5:30 – 6:00 AM | Indoor Cycling ICG 5:15 – 6:15 AM | VIRTUAL RPM 6:30 – 7:00 AM | VIRTUAL RPM 8:30 – 9:00 AM |
| VIRTUAL SPRINT 6:30 – 7:00 AM | VIRTUAL RPM 6:30 – 7:00 AM | VIRTUAL THE TRIP 6:30 – 7:15 AM | VIRTUAL RPM 6:30 – 7:00 AM | VIRTUAL SPRINT 6:30 – 7:00 AM | VIRTUAL SPRINT 7:30 – 8:00 AM | VIRTUAL RPM 10:00 – 10:50 AM |
| VIRTUAL RPM Base 7:30 – 8:05 AM | VIRTUAL SPRINT 7:30 – 8:00 AM | VIRTUAL RPM 7:30 – 8:00 AM | VIRTUAL SPRINT 7:30 – 8:00 AM | VIRTUAL RPM 7:30 – 8:00 AM | Indoor Cycling ICG 9:00 – 9:45 AM | VIRTUAL SPRINT 11:00 – 11:30 AM |
| VIRTUAL SPRINT 8:15 – 8:4 AM | VIRTUAL RPM 8:15 – 8:45 AM | VIRTUAL SPRINT 8:15 – 8:45 AM | VIRTUAL RPM 8:15 – 8:45 AM | VIRTUAL SPRINT 8:15 – 8:45 AM | VIRTUAL RPM 10:00 – 10:50 AM | VIRTUAL RPM 12:00 – 12:30 PM |
| Indoor Cycling ICG 9:15 – 10:00 AM | VIRTUAL RPM 9:30 – 10:00 AM | Indoor Cycling ICG 9:15 – 10:00 AM | VIRTUAL RPM 9:30 – 10:00 AM | Indoor Cycling ICG 9:15 – 10:05 AM | VIRTUAL RPM 11:00 – 11:30 AM | VIRTUAL THE TRIP 1:00 – 1:45 PM |
| VIRTUAL SPRINT 10:15 – 10:45 AM | VIRTUAL THE TRIP 10:15 – 11:00 AM | VIRTUAL RPM 10:15 – 10:45 AM | VIRTUAL THE TRIP 10:15 – 11:00 AM | VIRTUAL SPRINT 10:15 – 10:45 AM | VIRTUAL SPRINT 12:00 – 12:30 PM | VIRTUAL RPM 2:00 – 2:30 PM |
| VIRTUAL RPM 11:00 – 11:30 AM | VIRTUAL SPRINT 11:15 – 11:45 AM | VIRTUAL RPM 11:00 – 11:30 AM | VIRTUAL SPRINT 11:15 – 11:45 AM | VIRTUAL RPM 11:00 – 11:30 AM | VIRTUAL THE TRIP 1:00 – 1:45 PM | VIRTUAL RPM 3:00 – 3:30 PM |
| Indoor Cycling ICG 12:15 – 12:45 PM | VIRTUAL RPM 12:15 – 12:45 PM | Indoor Cycling ICG 12:15 – 12:45 PM | Indoor Cycling ICG 12:15 – 12:45 PM | VIRTUAL RPM 12:15 – 12:45 PM | VIRTUAL SPRINT 2:00 – 2:30 PM | VIRTUAL SPRINT 4:00 – 4:30 PM |
| VIRTUAL SPRINT 1:00 – 1:30 PM | VIRTUAL RPM 1:00 – 1:30 PM | VIRTUAL SPRINT 1:00 – 1:30 PM | VIRTUAL RPM 1:00 – 1:30 PM | VIRTUAL SPRINT 1:00 – 1:30 PM | VIRTUAL SPRINT 3:00 – 3:30 PM | |
| VIRTUAL RPM 2:00 – 2:50 PM | VIRTUAL SPRINT 2:00 – 2:30 PM | VIRTUAL RPM 2:00 – 2:50 PM | VIRTUAL SPRINT 2:00 – 2:30 PM | VIRTUAL RPM 2:00 – 2:30 PM | VIRTUAL RPM 4:00 – 4:50 PM | |
| VIRTUAL RPM Base 3:15 – 3:50 PM | VIRTUAL THE TRIP 3:00 – 3:45 PM | VIRTUAL RPM Base 3:15 – 3:50 PM | VIRTUAL THE TRIP 3:00 – 3:45 PM | VIRTUAL RPM Base 3:15 – 3:50 PM | | |
| VIRTUAL RPM 4:00 – 4:30 PM | VIRTUAL SPRINT 4:00 – 4:30 PM | VIRTUAL RPM 4:00 – 4:30 PM | VIRTUAL SPRINT 4:00 – 4:30 PM | VIRTUAL RPM 4:00 – 4:30 PM | | |
| Indoor Cycling ICG 5:00 – 5:45 PM | VIRTUAL THE TRIP 5:00 – 5:45 PM | VIRTUAL RPM 5:00 – 5:30 PM | Indoor Cycling ICG 5:00 – 5:45 PM | VIRTUAL SPRINT 5:00 – 5:30 PM | | |
| VIRTUAL THE TRIP 6:30 – 7:15 PM | Indoor Cycling ICG 6:00 – 6:45 PM | VIRTUAL THE TRIP 6:30 – 7:15 PM | VIRTUAL SPRINT 6:30 – 7:00 PM | VIRTUAL THE TRIP 6:30 – 7:15 PM | | |
| VIRTUAL RPM 8:00 – 8:30 PM | VIRTUAL THE TRIP 7:30 – 8:15 PM | VIRTUAL RPM 8:00 – 8:30 PM | VIRTUAL THE TRIP 7:30 – 8:15 PM | VIRTUAL RPM 8:00 – 8:30 PM | | |

LIVE CLASS

WATERTOWN FAMILY YMCA Community Center: Yoga Studio April 1st- 30th

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|---|---|---|---|
| VIRTUAL BARRE 5:15 – 5:45 AM | VIRTUAL BODYBALANCE 5:15 – 6:00 AM | VIRTUAL CORE 5:15 – 5:45 AM | VIRTUAL BODYBALANCE 5:15 – 6:00 AM | VIRTUAL BARRE 5:15 – 5:45 AM | VIRTUAL CORE 6:00 – 6:45 AM | VIRTUAL BODYBALANCE 8:00 – 8:45 AM |
| VIRTUAL BODYBALANCE 6:00 – 6:45 AM | VIRTUAL CORE 6:15 – 6:45 AM | VIRTUAL BARRE Dance Technique 6:00 – 6:25 AM | VIRTUAL CORE 6:15 – 6:45 AM | VIRTUAL BODYBALANCE 6:00 – 6:45 AM | VIRTUAL BARRE 7:00 – 7:30 AM | VIRTUAL BARRE 9:30 – 10:00 AM |
| VIRTUAL BODYBALANCE BEGINNER (old) 7:30 – 8:00 AM | VIRTUAL BODYBALANCE 7:00 – 7:45 AM | VIRTUAL BODYBALANCE Flexibility 7:30 – 8:00 AM | VIRTUAL BODYBALANCE 7:00 – 7:45 AM | VIRTUAL BODYBALANCE Yoga 7:30 – 7:50 AM | VIRTUAL BODYBALANCE 8:00 – 8:45 AM | VIRTUAL CORE 12:00 – 12:30 PM |
| LES MILLS CORE 8:30 – 9:00 AM | VIRTUAL CORE Ab Blast 8:00 – 8:15 AM | LES MILLS CORE 8:30 – 9:00 AM | VIRTUAL CORE Ab Blast 8:00 – 8:15 AM | VIRTUAL CORE 8:30 – 9:00 AM | VIRTUAL CORE 9:00 – 9:45 AM | VIRTUAL BODYBALANCE Strength 1:30 – 2:00 PM |
| Gentle Yoga 9:40 – 10:40 AM | Tabata 9:00 – 10:00 AM | VIRTUAL BODYBALANCE 9:15 – 10:00 AM | VIRTUAL BODYBALANCE 9:00 – 9:45 AM | Gentle Yoga 9:15 – 10:15 AM | VIRTUAL BODYBALANCE 10:00 – 10:45 AM | VIRTUAL CORE 3:15 – 3:45 PM |
| VIRTUAL BARRE BEGINNER 11:00 – 11:20 AM | VIRTUAL BARRE 10:30 – 11:00 AM | Hatha Yoga 10:30 – 11:30 AM | VIRTUAL BARRE 10:30 – 11:00 AM | VIRTUAL BARRE BEGINNER 11:00 – 11:20 AM | VIRTUAL BARRE 11:00 – 11:30 AM | VIRTUAL BODYBALANCE Yoga 4:00 – 4:20 PM |
| VIRTUAL CORE 12:00 – 12:45 PM | VIRTUAL BODYBALANCE Yoga 11:30 – 11:50 AM | VIRTUAL CORE 12:00 – 12:45 PM | VIRTUAL BODYBALANCE Yoga 11:30 – 11:50 AM | VIRTUAL CORE 12:00PM – 12:45PM | VIRTUAL CORE 12:00 – 12:45 PM | |
| VIRTUAL BARRE 1:30 – 2:00 PM | VIRTUAL BODYBALANCE 12:00 – 12:45 PM | VIRTUAL BARRE 1:30 – 2:00 PM | VIRTUAL BODYBALANCE 12:00 – 12:45 PM | VIRTUAL BARRE 1:30PM – 2:00PM | VIRTUAL CORE 1:00 – 1:30 PM | |
| VIRTUAL CORE 3:00 – 3:45 PM | VIRTUAL CORE 1:00 – 1:30 PM | VIRTUAL CORE 3:00 – 3:45 PM | VIRTUAL CORE 1:00 – 1:30 PM | VIRTUAL CORE 3:00 – 3:45 PM | VIRTUAL CORE 3:15 – 3:45 PM | |
| VIRTUAL BODYBALANCE 4:00 – 4:45 PM | VIRTUAL BODYBALANCE Yoga 2:30 – 2:50 PM | VIRTUAL BARRE 4:00 – 4:30 PM | VIRTUAL BODYBALANCE Strength 2:30 – 3:00 PM | VIRTUAL BODYBALANCE 4:00 – 4:45 PM | VIRTUAL CORE 3:15 – 3:45 PM | |
| LES MILLS CORE 5:00 – 5:30 PM | VIRTUAL BARRE 3:30 – 4:00 PM | LES MILLS CORE 5:00 – 5:30 PM | VIRTUAL BARRE 3:30 – 4:00 PM | VIRTUAL CORE 5:00 – 5:30 PM | VIRTUAL BODYBALANCE Yoga 4:00 – 4:20 PM | |
| VIRTUAL BARRE 6:00 – 6:30 PM | Gentle Yoga 4:30 – 5:30 PM | VIRTUAL BODYBALANCE 6:00 – 6:45 PM | Hatha Yoga 5:00 – 6:00 PM | VIRTUAL BARRE 6:00 – 6:30 PM | | |
| VIRTUAL BODYBALANCE 7:30 – 8:15 PM | VIRTUAL CORE 6:30 – 7:15 PM | VIRTUAL BODYBALANCE 7:30 – 8:15 PM | VIRTUAL CORE 6:30 – 7:15 PM | VIRTUAL BODYBALANCE 7:30 – 8:15 PM | | |

LIVE CLASS