

WATERTOWN FAMILY YMCA Community Center: Cardio Studio May 1st- 31st

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 9:45 – 10:45 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 7:00 – 7:30 PM	LES MILLS TONE 5:15– 5:55	VIRTUAL BODYPUMP 4:30 – 5:15 PM		
VIRTUAL GRIT Strength 5:45 – 6:15 PM	VIRTUAL SH'BAM 6:30 – 7:15 PM	VIRTUAL GRIT Cardio 7:00 – 7:30 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 May 1st- 31st

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 – 6:05 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 – 8:45 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
VIRTUAL RPM 12:15 – 12:45 PM	VIRTUAL RPM 12:15 – 12:45 PM	VIRTUAL RPM 12:15 – 12:45 PM	VIRTUAL RPM 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 May 1st- 31st

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 11:00 - 11:30 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 11:15 - 11:35 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 1:45 - 2:15	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 5:00 - 6:00	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		
	VIRTUAL CORE 7:30 - 8:15 PM		VIRTUAL CORE 7:30 - 8:15 PM			

LIVE CLASS