

# WATERTOWN FAMILY YMCA Cardio Studio **SEPTEMBER 3RD – DECEMBER 31ST**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>VIRTUAL BODYPUMP</b> 5:15 – 6:00 AM	<b>VIRTUAL BODYATTACK</b> 5:15 – 6:00 AM	<b>VIRTUAL BODYPUMP</b> 5:15 – 6:15 AM	<b>VIRTUAL BODYCOMBAT</b> 5:15 – 6:00 AM	<b>VIRTUAL BODYPUMP</b> 5:15 – 6:00 AM	<b>VIRTUAL BODYPUMP</b> 6:15 – 7:00 AM	<b>VIRTUAL BODYPUMP</b> 8:15 – 9:00 AM
<b>VIRTUAL BODYATTACK</b> 6:15 – 7:00 AM	<b>VIRTUAL BODYPUMP</b> 6:15 – 7:00 AM	<b>VIRTUAL GRIT Cardio</b> 6:30 – 7:00 AM	<b>VIRTUAL BODYPUMP</b> 6:15 – 7:00 AM	<b>VIRTUAL BODYCOMBAT</b> 6:15 – 7:00 AM	<b>VIRTUAL BODYCOMBAT</b> 7:45 – 8:15 AM	<b>VIRTUAL BODYCOMBAT Base</b> 9:30 – 10:05 AM
<b>VIRTUAL GRIT Cardio</b> 7:10 – 7:40 AM	<b>VIRTUAL BODYCOMBAT</b> 7:00 – 7:45A M	<b>VIRTUAL GRIT Athletic</b> 7:10 – 7:40 AM	<b>VIRTUAL BODYATTACK</b> 7:00 – 7:45 AM	<b>VIRTUAL GRIT Strength</b> 7:10 – 7:40 AM	<b>ZUMBA</b> 8:30 – 9:30 AM	<b>VIRTUAL GRIT Cardio</b> 10:15 – 10:45 AM
<b>Enhance Fitness</b> 8:00 – 9:00 AM	<b>BODYPUMP™</b> 8:30 – 9:30 AM	<b>Enhance Fitness</b> 8:00 – 9:00 AM	<b>BODYPUMP™</b> 8:30 – 9:30 AM	<b>Enhance Fitness</b> 8:00 – 9:00 AM	<b>VIRTUAL BODYATTACK</b> 10:00 – 10:45 AM	<b>American Kang Duk Won Karate</b> Registration & Payment Required 11:00AM – 1:00PM
<b>LES MILLS TONE™</b> 9:30 – 10:30 AM	<b>Pilates</b> 9:45 – 10:45 AM	<b>Chair Yoga</b> 9:15 – 10:15 AM	<b>Pilates &amp; Barre Combo</b> 9:45 – 10:45 AM	<b>Tabata</b> 9:15 – 10:00 AM	<b>VIRTUAL BODYCOMBAT</b> 11:00 – 11:30 AM	<b>VIRTUAL BODYPUMP</b> 2:00 – 2:45 PM
<b>Arthritis Foundation Exercise Program</b> 11:00 AM – 12:00 PM	<b>Silver Sneakers Classic</b> 11:15 AM – 12:15 PM	<b>Arthritis Foundation Exercise Program</b> 11:00 AM – 12:00 PM	<b>Silver Sneakers Classic</b> 11:15 AM – 12:15 PM	<b>ZUMBA</b> 10:30 – 11:30 AM	<b>VIRTUAL BODYPUMP</b> 12:30 – 1:15 PM	<b>VIRTUAL BODYCOMBAT</b> 3:00 – 3:45 PM
<b>Tai Chi for Arthritis</b> 12:00 – 12:45 PM	<b>VIRTUAL BODYCOMBAT</b> 12:30 – 1:00 PM	<b>Tai Chi for Arthritis</b> 12:00 – 12:45 PM	<b>VIRTUAL BODYCOMBAT</b> 12:30 – 1:00 PM	<b>Silver Sneakers Classic</b> 11:45 AM – 12:45 PM	<b>VIRTUAL BODYCOMBAT</b> 2:00 – 2:45 PM	<b>VIRTUAL BODYATTACK</b> 4:00 – 4:30 PM
<b>VIRTUAL BODYCOMBAT</b> 2:00 – 2:45 PM	<b>VIRTUAL BODYATTACK</b> 1:30 – 2:00 PM	<b>VIRTUAL BODYPUMP</b> 2:00 – 2:45 PM	<b>VIRTUAL BODYCOMBAT</b> 1:30 – 2:00 PM	<b>VIRTUAL BODYPUMP</b> 1:00 – 1:45 PM	<b>VIRTUAL BODYPUMP</b> 3:00 – 3:45 PM	
<b>VIRTUAL GRIT Strength</b> 3:00 – 3:30 PM	<b>VIRTUAL BODYPUMP</b> 2:30 – 3:00 PM	<b>VIRTUAL GRIT Cardio</b> 3:00 – 3:30 PM	<b>VIRTUAL BODYPUMP</b> 2:30 – 3:00 PM	<b>VIRTUAL BODYATTACK</b> 2:00PM – 2:45PM		
<b>VIRTUAL BODYATTACK</b> 3:30 – 4:00 PM	<b>VIRTUAL BODYCOMBAT</b> 3:30 – 4:15 PM	<b>Shine/Uplift 30-30</b> 4:30 – 5:30 PM	<b>VIRTUAL BODYATTACK</b> 3:30 – 4:15 PM	<b>VIRTUAL GRIT Athletic</b> 3:00PM – 3:30PM		
<b>BODYPUMP™</b> 4:30 – 5:30 PM	<b>ZUMBA</b> 5:00 – 6:00 PM	<b>VIRTUAL BODYPUMP</b> 5:45 – 6:30 PM	<b>LES MILLS TONE™</b> 5:15 – 5:55 PM	<b>VIRTUAL BODYPUMP</b> 4:30PM – 5:15PM		
<b>Line Dancing</b> Registration & Payment Required 5:45 – 6:45 PM	<b>American Kang Duk Won Karate</b> Registration & Payment Required 6:30 – 8:00 PM	<b>VIRTUAL GRIT Cardio</b> 7:00 – 7:30 PM	<b>American Kang Duk Won Karate</b> Registration & Payment Required 6:30 – 8:00 PM	<b>VIRTUAL CORE</b> 5:30PM – 6:00PM		
<b>VIRTUAL GRIT Athletic</b> 7:30 – 8:00PM	<b>VIRTUAL BODYPUMP</b> 8:15 – 8:45 PM	<b>VIRTUAL BODYPUMP</b> 7:45 – 8:30 PM	<b>VIRTUAL BODYPUMP</b> 8:15 – 8:45 PM	<b>American Kang Duk Won Karate</b> Registration & Payment Required 6:30 – 8:00 PM		
<b>VIRTUAL BODYATTACK</b> 8:15 – 8:45 PM				<b>VIRTUAL BODYCOMBAT</b> 8:15 – 8:45 PM		

**LIVE CLASS**

# WATERTOWN FAMILY YMCA Spin Studio **SEPTEMBER 3RD – DECEMBER 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	VIRTUAL RPM 5:15 – 6:05 AM	VIRTUAL RPM 6:30 – 7:00 AM	VIRTUAL RPM 8:30 – 9:00 AM
VIRTUAL THE TRIP 6:30 – 7:15 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 7:30 – 8:00 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	VIRTUAL RPM 8:15 – 8:45 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	Indoor Cycling ICG 9:15 – 10:00 AM	VIRTUAL RPM 12:00 – 12:30 PM
Indoor Cycling ICG 9:15 – 10:00 AM	VIRTUAL RPM 9:45 – 10:15 AM	Indoor Cycling ICG 9:15 – 10:00 AM	VIRTUAL RPM 9:45 – 10:15 AM	Indoor Cycling ICG 9:15 – 10:00 AM	VIRTUAL RPM 10:00 – 10:50 AM	VIRTUAL THE TRIP 1:00 – 1:45 PM
VIRTUAL SPRINT 10:15 – 10:45 AM	VIRTUAL THE TRIP 10:30 – 11:15 AM	VIRTUAL RPM 10:15 – 10:45 AM	VIRTUAL THE TRIP 10:30 – 11:15 AM	VIRTUAL SPRINT 10:15 – 10:45 AM	VIRTUAL RPM 11:00 – 11:30 AM	VIRTUAL RPM 2:00 – 2:30 PM
VIRTUAL RPM 11:00 – 11:30 AM	VIRTUAL SPRINT 11:30 AM – 12:00 PM	VIRTUAL RPM 11:00 – 11:30 AM	VIRTUAL SPRINT 11:30 – 12:00 PM	VIRTUAL RPM 11:00 – 11:30 AM	VIRTUAL SPRINT 12:00 – 12:30 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 THE TRIP 1:00 – 1:45 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 2:00 – 2:30 PM	
VIRTUAL RPM 2:00 – 2:50 PM	VIRTUAL SPRINT 2:00 – 2:30 PM	VIRTUAL RPM 2:00 – 2:50 PM	VIRTUAL SPRINT 2:00PM – 2:30PM	VIRTUAL RPM 2:00 – 2:50 PM	VIRTUAL SPRINT 3:00 – 3:30 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 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 5:15P – 6:00 PM	VIRTUAL THE TRIP 5:00 – 5:45 PM	VIRTUAL RPM 5:00 – 5:50 PM	VIRTUAL RPM 5:00 – 5:50 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 Yoga Studio OCTOBER 12TH – DECEMBER 31ST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
VIRTUAL CORE 5:15 – 6:00 AM	VIRTUAL BODYBALANCE 5:15 – 6:00 AM	VIRTUAL CORE 5:15 – 5:45 AM	VIRTUAL BODYBALANCE 5:15 – 6:00 AM	VIRTUAL CORE 5:15AM – 6:00AM	VIRTUAL CORE 6:15 – 7:00 AM	VIRTUAL BODYBALANCE 8:00 – 8:45 AM
VIRTUAL BODYBALANCE 6:00 – 6:45 AM	VIRTUAL CORE 30 6:15 – 6:45 AM	VIRTUAL CORE 6:00 – 6:45 AM	VIRTUAL CORE 6:15 – 6:45 AM	VIRTUAL BODYBALANCE 6:00AM – 6:45AM	VIRTUAL BARRE 7:15 – 7:45 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 Strength 7:30AM – 8:00AM	VIRTUAL CORE 8:30 – 9:00 AM	VIRTUAL BARRE 30 12:00 – 12:30 PM
<b>Core Training</b> 8:30A – 9:00 AM	VIRTUAL CORE Ab Blast 8:00 – 8:15 AM	VIRTUAL CORE 8:30 – 9:00 AM	VIRTUAL CORE Ab Blast 8:00 – 8:15 AM	<b>LES MILLS CORE</b> 8:30AM – 9:00AM	VIRTUAL BODYBALANCE 10:00 – 10:45 AM	VIRTUAL BODYBALANCE Strength 1:30 – 2:00 PM
<b>Gentle Yoga</b> 9:40 – 10:40AM	<b>Tabata</b> 9:00 – 10:00 AM	VIRTUAL BODYBALANCE 9:15 – 10:00 AM	VIRTUAL BODYBALANCE 9:00 – 9:45 AM	<b>Gentle Yoga</b> 9:15AM – 10:15AM	VIRTUAL BARRE 11:00 – 11:30 AM	VIRTUAL CORE 3:15 – 3:45 PM
VIRTUAL CORE 11:00 – 11:45 AM	VIRTUAL BARRE 10:30 – 11:00 AM	<b>Hatha Yoga</b> 10:30 – 11:30 AM	VIRTUAL BARRE 10:30 – 11:00 AM	VIRTUAL CORE 11:00AM – 11:45AM	VIRTUAL CORE 12:00 – 12:45 PM	VIRTUAL BODYBALANCE Yoga 4:00 – 4:20 PM
VIRTUAL BARRE BEGINNER 12:00 – 12:20 PM	VIRTUAL BODYBALANCE Yoga 11:15 – 11:35 AM	VIRTUAL CORE 12:00 – 12:45 PM	VIRTUAL BODYBALANCE Yoga 11:15 – 11:35 AM	VIRTUAL BARRE BEGINNER 12:00PM – 12:20PM	VIRTUAL CORE 1:00 – 1:30 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 3:15 – 3:45 PM	
VIRTUAL CORE 3:00 – 3:45 PM	VIRTUAL CORE 1:45 – 2:15 PM	VIRTUAL CORE 3:00 – 3:45 PM	VIRTUAL CORE 1:00 – 1:30 PM	VIRTUAL CORE 3:00PM – 3:45PM	VIRTUAL BODYBALANCE Yoga 4:00 – 4:20 PM	
VIRTUAL BODYBALANCE 4:00 – 4:45 PM	VIRTUAL BODYBALANCE Yoga 2:30PM – 2:50PM	VIRTUAL BARRE 4:00 – 4:30 PM	VIRTUAL BODYBALANCE Strength 2:30 – 3:00 PM	VIRTUAL BODYBALANCE 4:00PM – 4:45PM		
<b>LES MILLS CORE</b> 5:00 – 5:30 PM	VIRTUAL BARRE 3:30 – 4:00 PM	<b>LES MILLS CORE</b> 5:00 – 5:30 PM	VIRTUAL BARRE 3:30 – 4:00 PM	VIRTUAL CORE 5:00PM – 5:30PM		
VIRTUAL BARRE 6:00 – 6:30 PM	<b>Pilates &amp; Barre Combo</b> 5:00 – 6:00 PM	VIRTUAL BODYBALANCE 6:00 – 6:45 PM	<b>Hatha Yoga</b> 5:00 – 6:00 PM	VIRTUAL BARRE 6:00PM – 6:30PM		
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 7:30PM – 8:15PM		
	VIRTUAL CORE 45 Mins 7:30 – 8:15 PM		VIRTUAL CORE 7:30 – 8:15 PM			

**LIVE CLASS**