

# WATERTOWN FAMILY YMCA Cardio Studio FEBRUARY 3RD – MAY 31ST

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

**AMERICAN KANG DUK WON KARATE**  
**Saturday, March 8th: 2:00– 4:30 PM**  
**Sunday, March 9th: 12:00 – 2:00 PM**

**LIVE CLASS**

# WATERTOWN FAMILY YMCA Spin Studio FEBRUARY 3RD – MAY 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 – 6:15 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 10:15 – 10:45 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 11:15 – 11:45 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 5:15 – 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 FEBRUARY 3RD – MAY 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 8:15 – 9:00 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 BODYBALANCE 7:15 – 8:00 AM	VIRTUAL CORE 9:30 – 10:15 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 BODYBALANCE 12:00 – 1:00PM
<b>Core Training</b> 8:30 – 9:00 AM	VIRTUAL CORE Ab Blast 8:00 – 8:15 AM	<b>Core Training</b> 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 *Ends 2/5	VIRTUAL BODYBALANCE 9:00 – 9:45 AM	<b>Gentle Yoga</b> 9:15AM – 10:15AM	VIRTUAL CORE 11:00 – 11:30 AM	VIRTUAL CORE 3:15 – 3:45 PM
VIRTUAL CORE 11:00 – 11:45 AM	VIRTUAL CORE 10:30 – 11:00 AM	<b>Sound Bath *Begins 2/12</b> 9:15 – 10:00 AM	VIRTUAL CORE 10:30 – 11:00 AM	<b>Zumba</b> 10:30AM – 11:30AM	VIRTUAL CORE 12:00 – 12:45 PM	VIRTUAL BODYBALANCE Yoga 4:00 – 4:20 PM
VIRTUAL BODYBALANCE 12:00 – 12:45 PM	VIRTUAL BODYBALANCE Yoga 11:15 – 11:35 AM	<b>Hatha Yoga</b> 10:30 – 11:30 AM	VIRTUAL BODYBALANCE Yoga 11:15 – 11:35 AM	VIRTUAL BODYBALANCE 12:00PM – 12:45PM	VIRTUAL BODYBALANCE 1:45 – 2:30 PM	VIRTUAL CORE 3:15 – 3:45 PM
VIRTUAL CORE 1:15 – 2:00 PM	VIRTUAL CORE 12:00 – 12:45 PM	VIRTUAL BODYBALANCE 12:00 – 12:45 PM	VIRTUAL CORE 12:00 – 12:45 PM	VIRTUAL CORE 1:15PM – 2:00PM	VIRTUAL CORE 3:15 – 3:45 PM	VIRTUAL BODYBALANCE Yoga 4:00 – 4:20 PM
VIRTUAL CORE 3:00 – 3:45 PM	VIRTUAL BODYBALANCE 1:45 – 2:30 PM	VIRTUAL CORE 1:15 – 2:00 PM	VIRTUAL BODYBALANCE 1:45 – 2:30 PM	VIRTUAL CORE 3:00PM – 3:45PM	VIRTUAL CORE 4:00PM – 4:45PM	
VIRTUAL BODYBALANCE 4:00 – 4:45 PM	VIRTUAL BODYBALANCE Yoga 2:30PM – 2:50PM	VIRTUAL CORE 3:00 – 3:45 PM	VIRTUAL BODYBALANCE Strength 2:30 – 3:00 PM	VIRTUAL BODYBALANCE 4:00PM – 4:45PM	VIRTUAL CORE 5:00PM – 5:30PM	
<b>LES MILLS CORE</b> 5:00 – 5:30 PM	VIRTUAL CORE 3:30 – 4:15 PM	VIRTUAL BODYBALANCE 4:00 – 4:45 PM	VIRTUAL CORE 3:30 – 4:15 PM	VIRTUAL CORE 5:00PM – 5:30PM	VIRTUAL BODYBALANCE 6:00PM – 6:45PM	
VIRTUAL BODYBALANCE 6:00 – 6:45 PM	<b>Pilates &amp; Barre Combo</b> 5:00 – 6:00 PM	<b>LES MILLS CORE</b> 5:00 – 5:30 PM	<b>Hatha Yoga</b> 5:00 – 6:00 PM	VIRTUAL BODYBALANCE 6:00PM – 6:45PM	VIRTUAL BODYBALANCE 7:30PM – 8:15PM	
VIRTUAL BODYBALANCE 7:30 – 8:15 PM	VIRTUAL CORE 6:30 – 7:15 PM	VIRTUAL BODYBALANCE 6:00 – 6:45 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**