

WATERTOWN FAMILY YMCA

Cardio Studio

2026 SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
VIRTUAL BODYPUMP 5:15AM - 6:00AM	VIRTUAL BODYATTACK 5:15AM - 6:00AM	VIRTUAL BODYPUMP 5:15AM - 6:15AM	VIRTUAL BODYCOMBAT 5:15AM - 6:00AM	VIRTUAL BODYPUMP 5:15AM - 6:00AM	VIRTUAL BODYPUMP 6:15AM - 7:00AM	VIRTUAL BODYPUMP 8:30AM - 9:15AM
VIRTUAL BODYATTACK 6:15AM - 7:00AM	VIRTUAL BODYPUMP 6:15AM - 7:00AM	VIRTUAL BODYATTACK 6:30AM - 7:00AM	VIRTUAL BODYPUMP 6:00AM - 6:45AM	VIRTUAL BODYCOMBAT 6:15AM - 7:00AM	VIRTUAL BODYCOMBAT 7:45AM - 8:15AM	VIRTUAL BODYCOMBAT Base 9:30AM - 10:05AM
VIRTUAL GRIT 7:10AM - 7:40AM	VIRTUAL BODYCOMBAT 7:30AM - 8:15AM	VIRTUAL GRIT Athletic 7:10AM - 7:40AM	VIRTUAL BODYATTACK 7:00AM - 7:45AM	VIRTUAL GRIT Strength 7:10AM - 7:40AM	ZUMBA 8:30AM - 9:30AM	VIRTUAL GRIT Cardio 10:15AM - 10:45AM
Enhance Fitness 8:00AM - 9:00AM	BODYPUMP™ 8:30AM - 9:30AM	Enhance Fitness 8:00AM - 9:00AM	BODYPUMP™ 8:30AM - 9:30AM	Enhance Fitness 8:00AM - 9:00AM	BODYCOMBAT™ 9:40AM - 10:40AM	American Kang Duk Won Karate (Reserved) Registration Required 11:00AM - 1:00PM
LES MILLS TONETM 9:30AM - 10:30AM	Pilates 9:45AM - 10:45AM	Shine Dance Fitness 9:15AM - 10:15AM	Pilates and Barre Combo 9:45AM - 10:45AM	Tabata 9:15AM - 10:00AM	VIRTUAL BODYATTACK 11:00AM - 11:45AM	VIRTUAL BODYPUMP 2:00PM - 2:45PM
Arthritis Foundation Exercise Program 11:00AM - 12:00PM	Silver Sneakers Classic 11:15AM - 12:15PM	Arthritis Foundation Exercise Program 11:00AM - 12:00PM	Silver Sneakers Classic 11:15AM - 12:15PM	Sound Bath 10:15AM - 11:00AM	VIRTUAL BODYPUMP 12:30PM - 1:15PM	VIRTUAL BODYCOMBAT 3:00PM - 3:45PM
VIRTUAL BODYPUMP 12:30PM - 1:30PM	VIRTUAL BODYCOMBAT 12:30PM - 1:00PM	VIRTUAL BODYPUMP 12:30PM - 1:30PM	VIRTUAL BODYCOMBAT 12:30PM - 1:00PM	Silver Sneakers Classic 11:15AM - 12:15PM	American Kang Duk Won Karate (Reserved) Registration Required 2:00PM - 4:30PM	VIRTUAL BODYCOMBAT 3:00PM - 3:45PM
VIRTUAL BODYCOMBAT 2:00PM - 2:45PM	VIRTUAL BODYATTACK 1:30PM - 2:00PM	VIRTUAL BODYPUMP 2:00PM - 2:45PM	VIRTUAL BODYCOMBAT 1:30PM - 2:00PM	VIRTUAL BODYPUMP 1:00PM - 1:45PM	VIRTUAL BODYATTACK 2:00PM - 4:30PM	VIRTUAL BODYATTACK 4:00PM - 4:30PM
VIRTUAL GRIT Strength 3:00PM - 3:30PM	VIRTUAL BODYPUMP 2:30PM - 3:00PM	VIRTUAL GRIT Cardio 3:00PM - 3:30PM	VIRTUAL BODYPUMP 2:30PM - 3:00PM	VIRTUAL BODYATTACK 2:00PM - 2:45PM		
VIRTUAL BODYATTACK 3:30PM - 4:00PM	ZUMBA 5:00PM - 6:00PM	Shine/Uplift 4:30PM - 5:30PM	Shine/Uplift 3:45PM - 4:45PM	VIRTUAL GRIT Athletic 3:00PM - 3:30PM		
BODYPUMP™ 4:30PM - 5:30PM	American Kang Duk Won Karate (Reserved) Registration Required 6:30PM - 8:00PM	Line Dancing Registration Required 5:45PM - 6:45PM	LES MILLS TONETM 5:15PM - 6:00PM	VIRTUAL BODYPUMP 4:30PM - 5:15PM		
Valor Cheer Team 6:00PM - 8:00PM	VIRTUAL BODYPUMP 8:15PM - 8:45PM	VIRTUAL GRIT Cardio 7:00PM - 7:30PM	American Kang Duk Won Karate (Reserved) Registration Required 6:30PM - 8:00PM	VIRTUAL CORE 5:30PM - 6:00PM		
VIRTUAL BODYATTACK 8:15PM - 8:45PM		VIRTUAL BODYPUMP 7:45PM - 8:30PM	VIRTUAL BODYPUMP 8:15PM - 8:45PM	American Kang Duk Won Karate (Reserved) Registration Required 6:30PM - 8:00PM		
				VIRTUAL BODYCOMBAT 8:15PM - 8:45PM		

LIVE CLASS



proud sponsor of

LES MILLS
BODYCOMBAT

Saturday: 9:40AM - 10:40AM

WATERTOWN FAMILY YMCA

Spin Studio

2026 SCHEDULE

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

LIVE CLASS

WATERTOWN FAMILY YMCA

Yoga Studio

2026 SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
VIRTUAL CORE 5:15AM - 6:00AM	VIRTUAL BODYBALANCE 5:15AM - 6:00AM	VIRTUAL CORE 5:15AM - 5:45AM	VIRTUAL BODYBALANCE 5:15AM - 6:00AM	VIRTUAL CORE 5:15AM - 6:00AM	VIRTUAL CORE 6:15AM - 7:00AM	VIRTUAL BODYBALANCE 8:15AM - 9:00AM
VIRTUAL BODYBALANCE 6:00AM - 6:45AM	VIRTUAL CORE 6:15AM - 6:45AM	VIRTUAL CORE 6:00AM - 6:45AM	VIRTUAL CORE 6:15AM - 6:45AM	VIRTUAL BODYBALANCE 6:00AM - 6:45AM	VIRTUAL BODYBALANCE 7:15AM - 8:00AM	VIRTUAL CORE 9:30AM - 10:15AM
VIRTUAL BODYBALANCE BEGINNER (old) 7:30AM - 8:00AM	VIRTUAL BODYBALANCE 7:00AM - 7:45AM	VIRTUAL BODYBALANCE Flexibility 7:30AM - 8:00AM	VIRTUAL BODYBALANCE 7:00AM - 7:45AM	VIRTUAL BODYBALANCE Strength 7:30AM - 8:00AM	VIRTUAL CORE 8:15AM - 8:45AM	VIRTUAL BODYBALANCE 12:00PM - 1:00PM
Core Training Class 8:30AM - 9:00AM	VIRTUAL CORE Ab Blast 8:00AM - 8:15AM	VIRTUAL CORE 8:30AM - 9:00AM	VIRTUAL CORE Ab Blast 8:00AM - 8:15AM	VIRTUAL CORE 8:30AM - 9:00AM	Tabata 9:00AM - 10:00AM	VIRTUAL BODYBALANCE Strength 1:30PM - 2:00PM
Good Morning Stretch 9:00AM - 9:30AM	Tabata 9:00AM - 10:00AM	Hatha Yoga 10:30AM - 11:30AM	Chair Yoga 8:40AM - 9:40AM	Gentle Yoga 9:15AM - 10:15AM	VIRTUAL BODYBALANCE Flexibility 10:15AM - 10:45AM	VIRTUAL CORE 3:15PM - 3:45PM
Gentle Yoga 9:40AM - 10:40AM	VIRTUAL CORE 10:30AM - 11:00AM	Tai Chi 12:00PM - 12:45PM	Functional Fitness 10:15AM - 11:15AM	ZUMBA 10:30AM - 11:30AM	VIRTUAL CORE 11:00AM - 11:30AM	VIRTUAL BODYBALANCE Yoga 4:00PM - 4:20PM
VIRTUAL CORE 11:00AM - 11:45AM	VIRTUAL BODYBALANCE Flexibility 11:30AM - 12:00PM	VIRTUAL CORE 1:15PM - 2:00PM	VIRTUAL BODYBALANCE Flexibility 11:30AM - 12:00PM	VIRTUAL BODYBALANCE 12:00PM - 12:45PM	VIRTUAL CORE 12:00PM - 12:45PM	
Tai Chi 12:00PM - 12:45PM	VIRTUAL CORE 12:15PM - 1:00PM	VIRTUAL CORE 3:00PM - 3:45PM	VIRTUAL CORE 12:15PM - 1:00PM	VIRTUAL CORE 1:15PM - 2:00PM	VIRTUAL BODYBALANCE 1:45PM - 2:30PM	
VIRTUAL CORE 1:15PM - 2:00PM	VIRTUAL BODYBALANCE 1:45PM - 2:30PM	LES MILLS CORE 4:30PM - 5:00PM	VIRTUAL BODYBALANCE 1:45PM - 2:30PM	VIRTUAL CORE 3:00PM - 3:45PM	VIRTUAL CORE 3:15PM - 3:45PM	LIVE CLASS
VIRTUAL CORE 3:00PM - 3:45PM	VIRTUAL BODYBALANCE Yoga 2:30PM - 2:50PM	BODYCOMBAT™ 5:15PM - 6:00PM	VIRTUAL BODYBALANCE Strength 2:30PM - 3:00PM	VIRTUAL BODYBALANCE 4:00PM - 4:45PM	VIRTUAL BODYBALANCE Yoga 4:00PM - 4:20PM	
VIRTUAL BODYBALANCE 4:00PM - 4:45PM	VIRTUAL CORE 3:30PM - 4:15PM	VIRTUAL BODYBALANCE 6:15PM - 7:00PM	VIRTUAL CORE 3:30PM - 4:15PM	VIRTUAL CORE 5:00PM - 5:45PM		
LES MILLS CORE 5:00PM - 5:30PM	Pilates and Barre Combo 5:00PM - 6:00PM	VIRTUAL BODYBALANCE 7:30PM - 8:15PM	VIRTUAL BODYBALANCE 5:00PM - 6:00PM	VIRTUAL BODYBALANCE 6:00PM - 6:45PM		
Pilates and Barre Combo 6:00PM - 7:00PM	VIRTUAL CORE 6:30PM - 7:15PM		VIRTUAL CORE 6:30PM - 7:15PM	VIRTUAL BODYBALANCE 7:30PM - 8:15PM		
VIRTUAL BODYBALANCE 7:30PM - 8:15PM	VIRTUAL CORE 7:30PM - 8:15PM		VIRTUAL CORE 7:30PM - 8:15PM			



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LES MILLS
BODYCOMBAT

Wednesday: 5:15PM - 6:00PM