

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 BODYPUMP 2:00PM - 2:45PM
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 BODYPUMP 12:30PM - 1:15PM	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 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

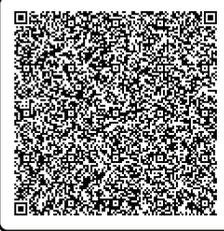


proud sponsor of
LES MILLS
BODYCOMBAT
 Saturday: 9:40AM - 10:40AM

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	<div style="border: 1px solid black; padding: 5px;"> <p>LIVE CLASS</p> <p>Spinnin' to the 80s w/Erica Wednesday, February 25th 5:30 PM Clip in and crank up the classics! Ride to all your favorite 80's hits. 80's attire encouraged — neon, leg warmers, big hair! Limited seats. Registration required.</p>  <p>SCAN TO REGISTER Membership or Day Pass Required</p> </div>
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		

Spin 101: Beginner Spin Class
Saturday, February 28th 8:30 AM
 Never taken a spin class before? Spin 101 breaks it all down. This class is for you! Learn bike setup, proper form, and basic riding techniques in a fun, supportive environment. No experience needed—just show up and ride at your own pace. Your spin journey starts here! All fitness levels welcome.

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			



proud sponsor of

LES MILLS
BODYCOMBAT

Wednesday: 5:15PM - 6:00PM