WATERTOWN FAMILY YMCA

Cardio Studio

NOVEMBER SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
VIRTUAL BODYPUMP 5:15AM – 6:00AM	VIRTUAL BODYATTACK 5:15AM – 5:45AM	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 6:00AM – 6:45AM	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 Cardio 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™ 9:45AM – 10:45AM	American Kang Duk Won Karate (Reserved) Registration Required 11:00AM – 1:00PM
LES MILLS TONE™ 9:30AM – 10:30AM	Pilates 9:45AM – 10:45AM	Shine Dance Fitness 9:15AM – 10:15AM	Pilates / 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 11:00AM – 12:00PM	Functional Fitness 10:15AM – 11:15AM JOIN US ON THE TURF!	Arthritis Foundation 11:00AM – 12:00PM **BEGINS SEPT 9th	Functional Fitness 10:15AM – 11:15AM JOIN US ON THE TURF!	Sound Bath 10:15AM – 11:00AM	VIRTUAL BODYPUMP 12:00PM – 1:00PM	VIRTUAL BODYCOMBAT 3:00PM – 3:45PM
VIRTUAL BODYPUMP 12:30PM – 1:30PM	Silver Sneakers Classic 11:15AM – 12:15PM	VIRTUAL BODYPUMP 12:30PM – 1:30PM	Silver Sneakers Classic 11:15AM – 12:15PM	Silver Sneakers Classic 11:15AM – 12:15PM	American Kang Duk Won Karate (Reserved) Registration Required 2:00PM – 4:30PM	VIRTUAL BODYATTACK 4:00PM – 4:30PM
VIRTUAL BODYCOMBAT 2:00PM – 2:45PM	Chair Yoga 12:30PM – 1:30PM	VIRTUAL BODYPUMP 2:00PM – 2:45PM	VIRTUAL BODYCOMBAT 12:30PM – 1:00PM	VIRTUAL BODYPUMP 1:00PM – 1:45PM		
VIRTUAL GRIT Strength 3:00PM – 3:30PM	VIRTUAL BODYATTACK 1:30PM – 2:00PM	VIRTUAL GRIT Cardio 3:00PM – 3:30PM	VIRTUAL BODYCOMBAT 1:30PM – 2:00PM	VIRTUAL BODYATTACK 2:00PM – 2:45PM		LIVE CLASS
VIRTUAL BODYATTACK 3:30PM – 4:00PM	VIRTUAL BODYPUMP 2:30PM – 3:00PM	Shine/Uplift 4:30PM – 5:30PM	VIRTUAL BODYPUMP 2:30PM – 3:00PM	VIRTUAL GRIT Athletic 3:00PM – 3:30PM		
BODYPUMP™ 4:30PM – 5:30PM	ZUMBA 5:00PM – 6:00PM	Line Dancing Registration Required 5:45PM – 6:45PM	Shine Dance Fitness 3:45PM – 4:45PM	VIRTUAL BODYPUMP 4:30PM – 5:15PM		
Pilates / Barre Combo 6:00PM – 7:00PM	American Kang Duk Won Karate (Reserved) Registration Required 6:30PM – 8:00PM	Functional Fitness 6:00PM – 7:00PM JOIN US ON THE TURF!	LES MILLS TONE™ 5:00PM – 5:45PM	VIRTUAL CORE 5:30PM – 6:00PM		
Functional Fitness 6:00PM – 7:00PM JOIN US ON THE TURF!	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	American Kang Duk Won Karate (Reserved) Registration Required 6:30PM – 8:00PM		
VIRTUAL BODYATTACK 8:15PM – 8:45PM		VIRTUAL BODYPUMP 7:45PM – 8:30PM	VIRTUAL BODYPUMP 8:15PM – 8:45PM	VIRTUAL BODYCOMBAT 8:15PM – 8:45PM		

WATERTOWN FAMILY YMCA

Spin Studio

NOVEMBER SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
VIRTUAL RPM 5:30AM – 6:00AM	VIRTUAL RPM 5:15AM – 6:05AM	VIRTUAL RPM 5:30AM – 6:20AM	VIRTUAL SPRINT 5:30AM – 6:00AM	VIRTUAL RPM 5:15AM – 6:05AM	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	Easy Ride 8:30AM – 9:00AM	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 RPM 4:00PM – 4:50PM	VIRTUAL RPM 4:00PM – 4:30PM	VIRTUAL RPM 4:00PM – 4:50PM	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 — NOVEMBER 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	VIRTUAL BODYATTACK 9:00AM – 9:45AM	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	VIRTUAL BODYBALANCE 9:00AM – 9:45AM	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	Functional Fitness 10:15AM – 11:15AM JOIN US ON THE TURF!	Tai Chi for Arthritis 12:00PM – 12:30PM	Functional Fitness 10:15AM – 11:15AM JOIN US ON THE TURF!	Zumba 10:30AM – 11:30AM	VIRTUAL CORE 11:00AM – 11:30AM	VIRTUAL BODYBALANCE Flexibility 4:00PM – 4:30PM
VIRTUAL CORE 11:00AM – 11:45AM	VIRTUAL CORE 10:30AM – 11:00AM	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	
VIRTUAL BODYBALANCE 12:00PM – 12:45PM	VIRTUAL BODYBALANCE Flexibility 11:30AM – 12:00PM	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 CORE 12:15PM – 1:00PM	VIRTUAL 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 1:45PM – 2:30PM	BODYCOMBAT™ 5:15PM – 6:15PM	VIRTUAL BODYBALANCE Strength 2:30PM – 3:00PM	VIRTUAL BODYBALANCE 4:00PM – 4:45PM	VIRTUAL BODYBALANCE Flexibility 4:00PM – 4:30PM	
VIRTUAL BODYBALANCE 4:00PM – 4:45PM	VIRTUAL BODYBALANCE Yoga 2:30PM – 2:50PM	Functional Fitness 6:00PM – 7:00PM JOIN US ON THE TURF!	VIRTUAL CORE 3:30PM – 4:15PM	VIRTUAL CORE 5:00PM – 5:45PM		
LES MILLS CORE 5:00PM – 5:30PM	VIRTUAL CORE 3:30PM – 4:15PM	VIRTUAL BODYBALANCE 7:30PM – 8:15PM	VIRTUAL BODYBALANCE 5:00PM – 6:00PM	VIRTUAL BODYBALANCE 7:30PM – 8:15PM		
Functional Fitness 6:00PM – 7:00PM JOIN US ON THE TURF!	Tabata 4:30PM – 5:15PM		Pilates/Barre Combo 6:00PM – 7:00PM			
VIRTUAL BODYBALANCE 7:30PM – 8:15PM	VIRTUAL CORE 6:30PM – 7:15PM		VIRTUAL CORE 7:30PM – 8:15PM			

The Mustard Seed Natural Market
proud sponsor of
LesMills BODYCOMBAT
Wednesday: 5:15PM – 6:15PM