



# Welcome to the YMCA of Greater Westfield

# THINGS TO KNOW



## Facility:

- Be sure to ask for a tour of the Y to see all the facility has to offer. We are happy to show you around!
- The Y is much bigger than it looks and can be a challenge to navigate. Look for the silver signs to point you in the right direction. And ALWAYS feel free to ask for directions or guidance!
- Be sure to take copies of our Group Exercise, Pool, Gym and Steam Room schedules.
- Check out the flyer wall in the lobby or the bulletin board outside the gym for the latest happenings at the Y!

## Who to contact for questions about:

- **Membership, Fees & Registrations:** Alex Khatchadourian, Membership Director
- **Consultations, Classes, Personal Training & Programs:** Michelle Urbanski, Health & Wellness Director or Tony Casale, Assoc. Health & Wellness Director
- **Aquatics & Swim Lessons:** Owen Snyder, Aquatics Director

## Fitness:

- Not sure where to start? Make an appointment for a new member consultation with our Health and Wellness staff.
- Group Exercises Classes at the Y are included in your membership at no additional cost.
- Try a new class! Instructors and members are very welcoming, and offer exercise modifications to fit a variety of fitness levels.
- Make an appointment at the Front Desk to learn our Matrix machines and/or cardio equipment in the Wellness Center.
- Free weight room orientations are available to learn basic free weights and cable exercises. Appointments made at the Front Desk.
- Personal training is available—ask about our packages at the Front Desk!

## Programs:

- Health and Wellness • Active Older Adults • Swim Lessons • Swim Team • Masters Swim • Youth Programs • Adult Basketball • Livestrong • Pickleball • Fight PD

*Thank you for choosing to be part of our Y family!*

Hours: Monday - Thursday 5am-9pm  
Friday 5am-7pm & Saturday 6:45am-2pm  
Phone: (413) 568-8631

YMCA of Greater Westfield  
www.westfieldymca.org  
67 Court Street, Westfield, MA 01085



# TIPS TO ACHIEVE YOUR GOALS AT THE Y

## Keys for Success:

- Aim to workout 3 days a week, combining strength and cardio.
- Set a rest day or recovery day.
- Set a consultation with the Health and Wellness team to help achieve your goals. Sign-up for a consultation at the Front Desk

### Improve Flexibility & Balance:

Balance & Better Bones  
Stretch & Strengthen  
Poolates  
Chair Yoga  
Yoga Flow  
Yoga

### Build Strength:

Fit after 50  
Muscle Max  
Body Shaping  
Strength Training  
Strength & Conditioning  
TRX

### Boost Cardio & Endurance:

Cycling  
Going Strong 1  
Cardio Strength  
Zumba

### Functional Training Room & More:

Plyobox  
TRX Straps  
Medicine Balls  
Boxing Bag  
Kettlebells  
Battle Ropes  
Pull-up Bar  
Treadmill  
Elliptical  
Recumbent  
Upright Bike  
Rower  
Matrix Machines  
Free Weights  
Cables & Bands  
and much more!

### Kids & Youth Fitness:

Jr. Fit ages 7-10  
Jr. Fit ages 11-14  
Kid's Yoga  
Sword Fit ages 7-10  
Sword Fit ages 11-14

### Advanced Classes:

F.I.T. at the Y  
Freestyle Fitness  
Boot camp  
BOSU Blast  
Power HIIT  
Water Warriors

### Active Older Adult Programs:

Fit after 50  
Going Strong 1  
Going Strong 2  
Balance & Better Bones  
AOA Pool Fitness  
Chair Yoga

## Your Health & Wellness Team



**Michelle Urbanski**  
Health & Wellness Director  
murbanski@westfieldymca.org



**Tony Casale**  
Associate Health & Wellness Director  
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