



# ACTIVE OLDER ADULTS (55+) CLASS SCHEDULE

Our Active Older Adult (AOA) classes offer engaging fitness and wellness activities for individuals aged 55+. Promoting health, strength, and social connection in a supportive environment.

## MONDAY

Going Strong I  
8:00 AM | GYM  
Paula

AOA Pool Fitness  
10:30 AM | SM  
Jen M

Going Strong II  
10:30 AM | GYM  
Teri

AOA Pool Fitness  
11:15 AM | SM  
Jen M

Poolates  
4:00 | SM  
Teri

## TUESDAY

Fit After 50  
8:15 AM | FTR  
Tony

Pool Fitness  
8:30 AM | LG  
Mary

Poolates  
9:00 AM | SM  
Courtney

Drop In  
Pickleball 10:30 -  
1:00 GYM

Chair Yoga  
10:15 AM | GP  
Courtney

Deep End  
Poolates  
10:45 AM | SM  
Teri

Balance & Bones  
11:20 AM | GP  
Courtney

Chair Yoga  
12:00 PM | GP  
Teri

## WEDNESDAY

Going Strong I  
8:00 AM | GYM  
Paula

AOA Pool Fitness  
10:30 AM | SM  
Jen M

Going Strong II  
10:30 AM | GYM  
Teri

AOA Pool Fitness  
11:15 AM | SM  
Jen M

## THURSDAY

Fit After 50  
8:15 AM | FTR  
Tony

Pool Fitness  
8:30 AM | LG  
Mary

Poolates  
9:00 AM | SM  
Courtney

Drop In Pickleball  
10:30 - 1:00  
GYM

Chair Yoga  
10:15 AM | GP  
Courtney

Deep End  
Poolates  
10:45 AM | SM  
Teri

Balance & Bones  
11:20 AM | GP  
Courtney

Chair Yoga  
12:00 PM | GP  
Teri

## FRIDAY

Strength &  
Stretch  
8:00 AM | GYM  
Nancy

Pool Fitness  
9:00 AM | SM  
Teri

Going Strong  
Express 10:15  
AM | GYM  
Shauna

Questions? Contact Michelle Urbanski, Health and Wellness Director  
[murbanski@westfieldymca.org](mailto:murbanski@westfieldymca.org) or 413-568-8631



# Active Older Adults (55+) Class Descriptions

Our Active Older Adult (AOA) classes offer engaging fitness and wellness activities for individuals aged 55+. Promoting health, strength, and social connection in a supportive environment.

**Balance and Bones:** For physically deconditioned individuals, increase muscular stabilization, strength & coordination, balance and range of motion as well as improving everyday living skills.

**Going Strong I:** Includes low impact aerobics, strength training and floor work.

**Going Strong II:** Includes mild/low impact aerobics and strength training. No floorwork. 45 min class.

**Going Strong Express:** Age 55+ Includes cardio, core work, and functional strength 30 min class

**AOA Pool Fitness:** Endorsed by the Arthritis Foundation Aquatic Program, workout with an instructor in the small pool. Guiding you through exercises that will encourage full range of motion and resistance exercises to help build muscle. This is a low intensity water workout.

**Chair Yoga:** Enjoy the benefits of yoga without the rigors of getting up and down from the floor.

**Fit After 50:** Involves functional exercise moves for real life activities and exercises to prevent injuries.

**Pool Fitness:** Classes are designed for people of all ages to utilize the buoyant qualities of the water to enhance their physical fitness. It is an ideal form of exercise to increase physical strength and endurance without overheating and putting stress on the joints. No swimming skills are required in these classes, but participants should feel comfortable in the water. Class can accommodate beginner through advanced.

**Poolates & Deep End Poolates:** Combines the gentle art of Tai-chi and the benefits of Pilates and puts them into the softness and buoyancy of the water. This is a great way to workout the core while being easy on the joints. All abilities are welcomed from athletes to those with joint issues. Deep End Poolates will utilize both the deep and shallow ends of the small pool.

**Questions? Contact Michelle Urbanski, Health and Wellness Director**  
[murbanski@westfieldymca.org](mailto:murbanski@westfieldymca.org) or 413-568-8631