



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
4:15 | SM
Teri

TUESDAY

Fit After 50
8:15 AM | FTR
Tony

Pool Fitness
8:30 AM | LG
Mary

Poolates
9:00 AM | SM
Heidi

Drop In Pickleball
10:30 - 1:00
GYM

Chair Yoga
10:15 AM | GP
Heidi

Deep End
Poolates
10:45 AM | SM
Teri

Balance & Bones
11:20 AM | GP
Heidi

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
Heidi

Drop In Pickleball
10:30 - 1:00
GYM

Chair Yoga
10:15 AM | GP
Heidi

Deep End
Poolates
10:45 AM | SM
Teri

Balance & Bones
11:20 AM | GP
Heidi

Chair Yoga
12:00 PM | GP
Teri

FRIDAY

Strength &
Stretch
8:00 AM | GYM
Nancy

Pool Fitness
9:05 AM | SM
Teri

Going Strong II
10:30 AM | GYM
Teri

Questions? Contact Michelle Urbanski, Health and Wellness Director
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 floor work. 45 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.