

GROUP EXERCISE

Edited 1/26/2024



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
GP	The Brick 5:45 AM Michelle	GP	Group Cycling 5:45 AM Shauna	GYM	Bootcamp 5:45 AM Michelle	GP	Group Cycling 5:45 AM Michelle	GYM	Muscle MAX @ 5:45 AM Michelle
GP	Boxing 7:30 AM Michelle	GP	Yoga 7:00 AM Donna		Functional Flex. 7:00 AM Nancy	GP	Yoga 7:00 AM Donna	GYM	Strength Training 8:00 AM Nancy
GYM	Going Strong I 8:00 AM Paula	GP	Stretch & Strength- en 8:00 AM Donna	GYM	Going Strong I 8:00 AM Paula	GP	Stretch & Strength- en 8:00 AM Donna	SM	Pool Fitness 9:05 AM Teri
GP	Group Cycling 9:15 AM Jen M	FTR	Fit After 50 8:15 AM Tony	GP	Group Cycling 9:15 AM Jen M	FTR	Fit After 50 8:15 AM Tony	GYM	Piloxing Barre* 9:15 A.M. Christine
SM	AOA Pool Fitness 10:30 AM Jen M	LG	Pool Fitness 8:30 AM Mary	SM	AOA Pool Fitness 10:30 AM Jen M	LG	Pool Fitness 8:30 AM Mary	GP	Group Cycling 9:15 AM Shauna
GYM	Going Strong II 10:30 AM Teri	SM	Poolates 9:00 AM Heidi	GYM	Going Strong II 10:30 AM Teri	SM	Poolates 9:00 AM Heidi	GYM	Going Strong II 10:30 AM Teri
SM	AOA Pool Fitness 11:15 AM Jen M	GYM	Strength Training 9:20 AM Michelle	SM	AOA Pool Fitness 11:15 AM Jen M	GYM	Cardio/ Strength 9:20 AM Paula	SATURDAY	
								GP	Group Cycling @ 7:00 AM Michelle
GP	YFP Boxing* Youth Fitness Program Grades 5-8 3:30PM Tony	GP	Chair Yoga 10:15 AM Heidi	FTR	YFP Strength* Youth Fitness Program Grades 5-8 3:30PM Tony	GP	Chair Yoga 10:15 AM Heidi	GP	Yoga 8:00 AM Chaitali
SM	Poolates 4:15 PM Teri	SM	Deep End Poolates 10:45 AM Teri	GP	Group Cycling 5:30 PM Instructor Rotation	SM	Deep End Poolates 10:45 AM Teri	GYM	Instructor Choice 8:15AM Instructor Rotation
GP	Group Cycling 5:30 PM Diana	GP	Balance & Bones 11:20 AM Heidi	FTR	F.I.T. at the Y 6:00 PM Tony	GP	Balance & Bones 11:20 AM Heidi	GYM	Zumba 9:30AM Kait C
FTR	F.I.T. at the Y 6:00 PM Tony	GP	Chair Yoga 12:00 PM Teri	GP	Yoga 7:00 PM Heidi	GP	Chair Yoga 12:00 PM Teri	GP	Adult Sword Fit 10:15 Martin
GP	Yoga 7:00 PM Heidi	GP	Kids Yoga 4:30 PM Jen			GYM	Body Shaping 5:15 PM Christine	MINI GYM	Sword Fit Youth Fitness Program 11:30 Martin
		GYM	Body Shaping 5:15 PM Christine			GP			
		LG	Water Warriors 6:15 PM Karen			LG	Water Warriors 6:15PM Karen		
		GYM	Dance Fitness 6:30PM Elizabeth			FTR	Jr. Fit Youth Fitness Program (Grades 1-4) 6:30PM Shauna		
						GYM	Dance Fitness 6:30 PM Elizabeth		

- All Members age 12 & 13 may attend classes with a parent.
- Tuesday Body Shaping is a Barre class on first Tuesday of the month.

YMCA of Greater Westfield • 413-568-8631 • westfieldymca.org

GYM = Gymnasium
GP Room = Room off of lobby
LG = Large Pool

SM = Small Pool
FTR = Functional Training Room

AOA Balance & Better Bones: Active Older Adults- Age 55+ For physically deconditioned individuals, increase muscular stabilization, strength & coordination, balance and range of motion as well as improving everyday living skills.

AOA Going Strong 1: Age 55+ Includes low impact aerobics, strength training, and floor work.

AOA Going Strong 2: Age 55+ Includes mild/low impact aerobics, and strength training, no floor work 45 min class

AOA Pool Fitness: Active Older Adults- Age 55+ 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 movement and resistance exercises to help build muscle. This is a low intensity water workout.

Adult Sword Fit: A creative fitness class where you will experience a variety of sword styles, techniques, strategies and functional movement, all while getting fit. There is light dueling. No experience needed.

Body Shaping: This non-aerobics class will cue you through the right body posture and movement to gain muscular strength for your entire body. The instructor will demonstrate how to use the equipment from hand weights, body bars, bands, stability balls, and steps. Feel strong as you sculpt your body with weights.

Boot Camp: Challenge yourself and keep those muscles guessing. This heart pumping class uses cardio drills: running, jumping, ladder and plyometrics, with a challenging free weight routine to improve both muscular & cardio endurance and strength.

Cardio Strength: Get stronger and healthier by combining weights, body weight and simple athletic movements, all set to energetic music. Get a complete cardio, strength and flexibility workout.

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

Dance Fitness: A fun cardio workout using easy-to-follow choreographed dance moves, set to high energy songs. Burn calories, build strength and stamina, and have a blast!

F.I.T. at the Y: a short, intense interval (H.I.I.T.) workout consisting of both cardio and strength components. Maximize your workout time with this 30 minute class designed to challenge you and help get you F.I.T.!

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

Functional Flexibility: Designed to increase your mobility, range of motion and reduce tension across your body. We will use foam rollers, bands and balls to increase our flexibility.

Group Cycling: Indoor cycling is a fun, very effective, low impact workout. Experience flats, climbs and sprints to energizing tunes. Gears and cadence allow you to work at the level you want. Come ride with us!

Instructor's Choice: different instructors and class formats each week, including HIIT, circuit and boot camp style.

Jr. Fit: Find the fun in fitness! Kids gain strength, improve coordination and sports performance and build confidence.

Kid's Yoga: Improve your strength, flexibility, and coordination through postures, flowing sequences, and fun games/activities. Children will also practice breathing and visualization techniques that will help them learn how to focus and center themselves.

Muscle Max: A strength training class designed to use a variety of equipment to strengthen and define the muscles of your body. Each muscle group will be worked either individually or in conjunction with other muscle groups, using weights, bars, bands, medicine balls and body weight. Be prepared to feel strong!

Piloxing Barre: The classic barre workout with a modern twist, this program takes traditional ballet moves and throws in pilates and boxing.

Pool Fitness: Classes designed to use the buoyant qualities of the water to enhance anyone's physical fitness. 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 & Poolates Deep End: Combines the gentle art of Tai-chi and the benefits of Pilates and puts them into the softness and buoyancy of water. Work-out the core while being easy on the joints. All abilities welcomed from athletes to those with joint issues. Poolates Deep End will utilize both the deep and shallow areas of the small pool.

Stretch & Strengthen: A mindful practice of strengthening and toning your body through varied yoga and balance poses and deep stretching. Though physically challenging, all poses can be adapted to suit the beginner, and still challenge the seasoned veteran.

Strength Training: Learn basic strength training technique and proper form in this full body workout.

Strength & Conditioning: Experience a challenging full body, strength only workout, using a variety of equipment.

Sword Fit: A creative fitness class based on a variety of battle games, themes, techniques and strategies. We safely battle throughout class. A great way to unplug and get moving!

The Brick: Mix up your game and maximize your time with this back to back weight training and cycling workout. A full spectrum class covering strength and cardio that will work your whole body and challenge your exertion level.

Water Warriors: a high intensity, fast-paced endurance and strength pool fitness class. Come be challenged and get that heart pumping and those muscles working in the water

YFP Boxing: Classes will include a variety of bag work, shadow boxing, focus mitts and footwork, as well as core, cardio and strength exercises. Learn boxing and self defense skills, and gain strength, hand-eye coordination, endurance and confidence.

YFP Strength: Kids learn how to properly and effectively strength train. We will improve coordination, motor development and full body strength, using a variety of equipment.

Yoga : Certified Yoga instructor to help decrease stress, relax your mind and strengthen your body with yoga. Practice physical postures, stretches and yoga poses as you create a balance between the body, mind, and spirit.

Zumba: Be part of the Zumba family and enjoy some group fun. This cardio dance workout is more like a party while you move to Latin vibe music fused with cardio dance steps.