

GROUP EXERCISE SCHEDULE

EFFECTIVE 11/30/20

Edited 11/23

HEALTH & WELLNESS DIRECTOR-CINDY AGAN -CAGAN@WESTFIELDDYMCA.ORG



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Most Classes are 45 minutes in Length unless otherwise denoted with a (*)

Mon	Tues	Wed	Thurs	Fri
Group Cycling 6:00 AM	Group Cycling 6:00 AM	Wednesday Wake-Up 6:00 AM	Group Cycling 6:00 AM	Muscle MAX 6:00 AM
Yoga stretch 7:05 AM	Yoga 7:05 AM	Yoga Stretch 7:05 AM	Yoga 7:05 AM	
Going Strong I 8:05 AM	Stretch & Strengthen 8:10 AM	Going Strong I 8:05 AM	Stretch & Strengthen 8:10 AM	Women's strength 8:05 AM
TRX 8:15 AM	Fit After 50 8:15 AM	TRX 8:15 AM	Fit After 50 8:15 AM	TRX 8:15 AM
	Poolates 8:15 AM		Poolates 8:15 AM	
	Pool Fitness 8:30 AM		Pool Fitness 8:30 AM	
TRX 9:15 AM	Poolates 9:15 AM	TRX 9:15 AM	Poolates 9:15 AM	TRX 9:15 AM
Group Cycling 9:20 AM	Strength & Conditioning 9:20 AM	Group Cycling 9:20 AM	Cardio/ Strength 9:20 AM	Pool Fitness 9:15 AM
				Group Cycling 9:20 AM
AOA Pool Fitness 10:05 AM		AOA Pool Fitness 10:05 AM		
Going Strong II 10:30 AM	Chair Yoga 10:30 AM	Going Strong II 10:30 AM	Chair Yoga 10:30 AM	Going Strong II 10:30 AM
	Deep End Poolates 10:45 AM		Deep End Poolates 10:45 AM	
AOA Pool Fitness 11:00 AM		AOA Pool Fitness 11:00 AM		
*Beginner Tai Chi 11:35 AM	Balance & Bones 11:35 AM	*Beginner Tai Chi 11:35 AM	Balance & Bones 11:35 AM	*Beginner Tai Chi 11:35 AM
*Progressive Tai Chi 12:10 PM	Chair Yoga 12:30 PM	*Progressive Tai Chi 12:10 PM	Chair Yoga 12:30 PM	*Progressive Tai Chi 12:10 PM
Poolates 4:15 PM	Body Shaping 5:15 PM	Cardio Shape Up 5:15 PM	Body Shaping 5:15 PM	
Poolates 5:10 PM				
Group Cycling 5:15 PM				
Cardio Shape up 6:20 PM	Zumba 6:35 PM	Group Cycling 6:20 PM	Zumba 6:35 PM	Family SwordFit 6:00 PM
	TRX 7:15 PM	Saturday: Cycling 7:00 AM / Boot Camp 8:30AM		

- TRX, Fit After 50, Going Strong I and All Pool Fitness classes must RESERVE a spot on a Daily Basis. Members will be able to reserve a space 24 hours in advance. Sign up can be done over the phone or in person at the Y.
- Registration is required in all class for the purposes of contact tracing information. This does not save your spot in the class.
- Wear mask until you begin your workout and put on mask after your workout.
- We will monitor class space to determine if a 24 hour reservation plan needs to be implemented to handle room capacity. Please communicate any concerns to staff. We appreciate your feedback.

- **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. 1 hour class
- **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.
- **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, exercuffs, stability balls, and steps. Feel strong as you sculpt your body with weights.
- **Boot Camp:** Mix up your routine to keep those muscles guessing. This heart pumping class uses cardio drills: running, jump, roping, stepping, with a challenging free weight routine. It's to increase muscular endurance and strength. Boot camp uses various pieces equipment such as body bars, stability balls, steps, bands etc.
- **Strength, Cardio & Conditioning** Fused cardio moves with strength training exercises. Floor routines, steps, body bars, bands, weights a total body workout from head to toe with the benefit of a cardiovascular exercise.
- **Cardio Shape Up:** Get stronger and healthier with inspiring music, weight plates, body weight and simple athletic movements. That give a complete cardio, strength and flexibility work out.
- **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.
- **Group Cycling:** Experience your cycle class on a Kesier stationary bike. Instructors go over proper seat adjustments and set up, as they guide you through a warm-up, steady tempo cadence, sprints, climbs, and a cool down. You control the resistance by gears to make the pedaling as easy or as difficult as you choose. By using the Keiser monitor, you're able to keep track of your distance and speed. This is an enjoyable group setting with some classes, (weather permitting), held outside.
- **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. Including cardio bursts but the focus of this class is strength training. Be prepared to feel strong!
- **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. Located in the large Cole Pool.
- **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. This is a great way to work-out the core while being easy on the joints. All abilities are 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.
- **Tai Chi:** Endorsed by the Arthritis Foundation Aquatic Program & Parkinson's Assoc. integrate the mind and body with slow, fluid movement. It has been shown in scientific studies to promote balance, flexibility, muscular strength and cardiovascular fitness as well as increased levels of psychological well-being and reduction of anxiety and stress.
- **TRX & Functional Training:** Small group personal training classes taught by a personal trainer to engage multiple muscles simultaneously in various planes while always engaging the core. Suspension training straps, kettlebells, battle ropes etc.
- **Wednesday Wake-Up:** Wake up your metabolism with a high intensity workout combining strength and cardio moves, with little rest in between, using body weight, weights, medicine balls and bands. Get more calorie burn with this challenging workout.
- **Women's Strength:** The goal is to develop a long term enjoyment of fitness and skills that can be apply to any everyday living skills.
- **Yoga & Gentle 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. These classes are geared for various levels with chair yoga suitable for beginners.
- **Yoga Stretch:** Gentle stretches with basic/beginner yoga movements and relaxation techniques
- **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.