

GROUP EXERCISE SCHEDULE

EFFECTIVE 06/01/2021 Edited 6/4

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Mon	Tues	Wed	Thurs	Fri
Group Cycling 6:00 AM	Group Cycling 6:00 AM	Wednesday Wake-Up 6:00 AM	Group Cycling 5:50 AM	Muscle MAX 5:45 AM
Hatha Yoga 7:05 AM	Yoga 7:05 AM	Hatha Yoga 7:05 AM	Yoga 7:05 AM	Women's strength 8:05 AM
Going Strong I 8:05 AM	Stretch & Strengthen 8:10 AM	Going Strong I 8:05 AM	Stretch & Strengthen 8:10 AM	TRX ** \$ 8:15 AM
TRX ** \$ 8:15 AM	Fit After 50 ** \$ 8:15 AM	TRX ** \$ 8:15 AM	Fit After 50 ** \$ 8:15 AM	Pool Fitness (Small Pool) ** 9:05 AM
Group Cycling 9:20 AM	Pool Fitness (Large Pool) 8:30 AM	Group Cycling 9:20 AM	Pool Fitness (Large Pool) 8:30 AM	Group Cycling 9:20 AM
AOA Pool Fitness (Small Pool) ** 10:05 AM	Poolates (Small Pool) ** 9:15 AM	AOA Pool Fitness (Small Pool) ** 10:05 AM	Poolates (Small Pool) ** 9:15 AM	Yoga at Grandmothers Garden 10:00AM
Going Strong II 10:30 AM	Strength & Conditioning 9:20 AM	Going Strong II 10:30 AM	Cardio/ Strength 9:20 AM	Going Strong II 10:30 AM
AOA Pool Fitness (Small Pool) ** 11:00 AM	Chair Yoga (Live / On Zoom) 10:30 AM	AOA Pool Fitness (Small Pool) ** 11:00 AM	AOA Walking Around at Stanley Park 10:45AM	Beginner Tai Chi (30 min) 11:35 AM
Beginner Tai Chi (30 min) 11:35 AM	Deep End Poolates (Small Pool) ** 10:45 AM	Beginner Tai Chi (30 min) 11:35 AM	Chair Yoga (Live / On Zoom) 10:30 AM	Progressive Tai Chi (30 min) 12:10 PM
Progressive Tai Chi (30 min) 12:10 PM	Balance & Bones (Live / On Zoom) (30 min) 11:35 AM	Progressive Tai Chi (30 min) 12:10 PM	Deep End Poolates (Small Pool) ** 10:45 AM	Saturday Bootcamp 8:30AM Yoga at Grandmothers Garden 10:00AM
Poolates (Small Pool) ** 4:15 PM	Chair Yoga 12:30 PM	Group Cycling 5:15 PM	Balance & Bones (Live / On Zoom) (30 min) 11:35 AM	
Group Cycling 5:15 PM	Junior Fit (11-14) 3:15 PM	Cardio Shape Up 6:20 PM	Chair Yoga 12:30 PM	
Cardio Shape up 6:20 PM	Body Shaping 5:15 PM		YMCA Staff Use 1:45 - 3:15PM	
	Junior Fit (7-10) (Outdoor) 6:30PM		Junior Fit (11-14) 3:15 PM	
	Kick Boxing (Outdoor) 6:30PM		Body Shaping 5:15 PM	
	Zumba 6:35 PM		Junior Fit (7-10) (Outdoor) 6:30PM	
	TRX ** \$ 7:15 PM		Kick Boxing (Outdoor) 6:30PM	
			Zumba 6:35 PM	

- Registration is required for all classes. Please sign up at the front desk.
- All Classes are 45 minutes in Length unless otherwise noted
- \$ TRX and Fit After 50 classes have an additional cost
- ** Reservation is required for these classes. Reservations are open 24 hours in advance.
- For outdoor classes, please call the Y for rain locations

- **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.
- **Hatha yoga** is the practice that involves breath, body, and mind. Typically, Hatha yoga involves a sequence of asana (yoga postures) and pranayama (breathing techniques)., Hatha yoga is generally practiced more slowly and with more static posture holds than found in styles such as Ashtanga or Vinyasa.
- **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:** 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 :** 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.