



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

Updated 10/1/25

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

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
GP	The Brick 5:45 AM Michelle	GP	Group Cycling 5:45 AM Shauna	GYM	Boot Camp 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 Katie	GP	Functional Flex. 7:00 AM Michelle	GP	Yoga 7:00 AM Katie	GP	Boxing 7:30 AM Tony					
GYM	Going Strong I 8:00 AM Paula	GP	Stretch & Strengthen 8:00 AM Donna	GYM	Going Strong I 8:00 AM Paula	FTR	Express TRX 7:15 AM Tony	GYM	Strength & Stretch 8:00 AM Nancy					
GP	Group Cycling 9:15 AM Jen	FTR	Fit After 50 8:15 AM Tony	GP	Group Cycling 9:15 AM Jen	GP	Stretch & Strengthen 8:00 AM Donna	SM	Pool Fitness 9:05 AM Teri					
FTR	Fit After 50 9:15 AM Tony	LG	Pool Fitness 8:30 AM Mary	FTR	Fit After 50 9:15 AM Tony	FTR	Fit After 50 8:15 AM Tony	GYM	Barre Fitness 9:15 AM Kara					
SM	AOA Pool Fitness 10:30 AM Jen	SM	Poolates 9:00 AM Heidi	SM	AOA Pool Fitness 10:30 AM Jen	LG	Pool Fitness 8:30 AM Mary	GP	Group Cycling 9:15 AM Shauna					
GYM	Going Strong II 10:30 AM Teri	GYM	Strength Training 9:20 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	AOA Pool Fitness 11:15 AM Jen M	GP	Chair Yoga 10:15 AM Heidi	SM	AOA Pool Fitness 11:15 AM Jen	GYM	Cardio / Strength 9:20 AM Paula	SATURDAY						
FTR	YFP Strength 3:30 PM Tony	SM	Deep End Poolates 10:45 AM Teri	FTR	YFP Strength 3:30 PM Tony	GP	Chair Yoga 10:15 AM Heidi			GP	Group Cycling 7:00 AM Michelle			
SM	Poolates 4:15 PM Teri	GP	Balance & Bones 11:20 AM Heidi	FTR	Express TRX 5:15 PM Tony	SM	Deep End Poolates 10:45 AM Teri			GP	Yoga 8:00 AM Chaitali			
GP	Group Cycling 5:00 PM Diana	GP	Chair Yoga 12:00 PM Teri	FTR	F.I.T. at the Y 6:00 PM Tony	GP	Balance & Bones 11:20 AM Heidi			GYM	Saturday Strength 8:15 AM Instructor Rotation			
FTR	Express TRX 5:15 PM Tony	GYM	Functional Strength 5:30 PM Shauna	GP	Yoga 7:00 PM Courtney	GP	Chair Yoga 12:00 PM Teri			GYM	Zumba 9:30 AM Kait			
FTR	F.I.T. at the Y 6:00 PM Tony	SM	Water Warriors 6:15 PM Tony				GYM			Body Shaping 5:15 PM Diana	FTR	Adult Sword Fit (Ages 13 through AOA) 10:15 AM Martin		
GP	Yoga 7:00 PM Jackie	GYM	Dance Fitness 6:30 PM Elizabeth				FTR			YFP Jr. Fit (Grades 1-4) 6:30 PM Shauna	MINI GYM	Youth Sword Fit (Ages 7-12) 11:30 AM Martin		
							GYM	Dance Fitness 6:30 PM Elizabeth						

· All Members age 10-13 may attend classes with a parent.

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:** Ages 13 through AOA. 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.

**Barre Fitness:** Barre is a low-impact full-body workout that is inspired by ballet, pilates, and yoga. It involves high repetitions of small precise movements that engage our deepest muscles of the body. We use ballet-inspired positions and technique while also incorporating movements that will make us have a stronger core leading to better posture and stability. We work the muscles to fatigue which is when the magic starts in our bodies to re-shape and gain strength.

**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 endurance and strength.

**Boxing:** Get fit, have fun and learn to throw punches. Class includes shadow boxing, heavy bag work, foot work and cardio.

**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 work out.

**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!

**Express TRX:** This 30-minute total body strength workout, will combine TRX exercises with bodyweight-only exercises, forcing the body to work anaerobically for a majority of the time. This allows you to reap the benefits of functional strength and intense cardiovascular work at the same time.

**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 45 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.

**Functional Strength:** A strength class focused on the muscles that support the most essential actions of everyday living. Special attention will be paid to explaining the safe execution of each motion and modifications will be offered so that anyone can successfully participate. Equipment such as dumbbells, bands, steps, medicine balls, body bars and more will be utilized.

**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!

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

**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!

**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.

**Saturday Strength:** different instructors and class formats each week focusing on strength, but including HIIT, circuit and boot camp style.

**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:** Experience a challenging full body, strength only workout, using a variety of equipment.

**Strength & Stretch:** A strength training class doing a full body workout, ending with segment of stretching.

**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:** Have a blast with 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 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.

**Youth Sword Fit:** Ages 7-12. 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!

**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.