



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

Updated 1/7/26

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
GP	GP	The Brick 5:45 AM <i>Michelle</i>	GP	Group Cycling 5:45 AM <i>Shauna</i>	GYM	Boot Camp 5:45 AM <i>Michelle</i>	GP	Group Cycling 5:45 AM <i>Michelle</i>	GYM
GP	GP	Boxing 7:30 AM <i>Michelle</i>	GP	Yoga 7:00 AM <i>Katie</i>	GP	Functional Flex. 7:00 AM <i>Michelle</i>	GP	Yoga 7:00 AM <i>Katie</i>	GP
GYM	GYM	Going Strong I 8:00 AM <i>Paula</i>	GP	Stretch & Strengthen 8:00 AM <i>Donna</i>	GYM	Going Strong I 8:00 AM <i>Paula</i>	FTR	Express TRX 7:15 AM <i>Tony</i>	GYM
GP	GP	Group Cycling 9:15 AM <i>Jen</i>	FTR	Fit After 50 8:15 AM <i>Tony</i>	GP	Group Cycling 9:15 AM <i>Jen</i>	GP	Stretch & Strengthen 8:00 AM <i>Donna</i>	SM
FTR		Fit After 50 9:15 AM <i>Tony</i>	LG	Pool Fitness 8:30 AM <i>Mary</i>	FTR	Fit After 50 9:15 AM <i>Tony</i>	FTR	Fit After 50 8:15 AM <i>Tony</i>	GYM
SM	SM	AOA Pool Fitness 10:30 AM <i>Jen</i>	SM	Poolates 9:00 AM <i>Heidi</i>	SM	AOA Pool Fitness 10:30 AM <i>Jen</i>	LG	Pool Fitness 8:30 AM <i>Mary</i>	GP
GYM		Going Strong II 10:30 AM <i>Teri</i>	GP	T'ai Chi Chih 9:10 AM <i>Vicki</i>	GYM	Going Strong II 10:30 AM <i>Teri</i>	SM	Poolates 9:00 AM <i>Heidi</i>	GYM
SM		AOA Pool Fitness 11:15 AM <i>Jen M</i>	GYM	Strength Training 9:20 AM <i>Shauna</i>	SM	AOA Pool Fitness 11:15 AM <i>Jen</i>	GYM	Cardio / Strength 9:20 AM <i>Paula</i>	FTR
FTR		YFP Strength 3:30 PM <i>Tony</i>	GP	Chair Yoga 10:15 AM <i>Heidi</i>	FTR	YFP Strength 3:30 PM <i>Tony</i>	GP	Chair Yoga 10:15 AM <i>Heidi</i>	FTR
SM	SM	Poolates 4:00 PM <i>Teri</i>	SM	Deep End Poolates 10:45 AM <i>Teri</i>	FTR	Express TRX 5:15 PM <i>Tony</i>	SM	Deep End Poolates 10:45 AM <i>Teri</i>	
GP	GP	Group Cycling 5:00 PM <i>Diana</i>	GP	Balance & Bones 11:20 AM <i>Heidi</i>	FTR	F.I.T. at the Y 6:00 PM <i>Tony</i>	GP	Balance & Bones 11:20 AM <i>Heidi</i>	GP
FTR	FTR	Express TRX 5:15 PM <i>Tony</i>	GP	Chair Yoga 12:00 PM <i>Teri</i>	GP	Yoga 7:00 PM <i>Courtney</i>	GP	Chair Yoga 12:00 PM <i>Teri</i>	GYM
FTR		F.I.T. at the Y 6:00 PM <i>Tony</i>	GYM	Functional Strength 5:30 PM <i>Shauna</i>			GYM	Body Shaping 5:15 PM <i>Diana</i>	GYM
GP		Yoga 7:00 PM <i>Jackie</i>	LG	Water Warriors 6:15 PM <i>Tony</i>			GP	YFP Jr. Fit (Grades 1-4) 6:30 PM <i>Shauna</i>	FTR
			GYM	Dance Fitness 6:30 PM <i>Elizabeth</i>			GYM	Dance Fitness 6:30 PM <i>Elizabeth</i>	MINI GYM
SATURDAY Group Cycling 7:00 AM <i>Michelle</i> Yoga 8:00 AM <i>Chaitali</i> Saturday Strength 8:15 AM <i>Instructor Rotation</i> Zumba 9:30 AM <i>Kait</i> Adult Sword Fit (Ages 13 through AOA) 10:15 AM <i>Martin</i> Youth Sword Fit (Ages 7-12) 11:30 AM <i>Martin</i>									

· 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 Going Strong Express: Age 55+ Includes cardio, core work, and functional strength 30 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.

Tai Chi Chih: Follow along as you relax into the gentle flow of these easy movements. Easy to learn, fun to practice.

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.