



GROUP EXERCISE SCHEDULE BY CATEGORIES

POOL FITNESS	CYCLING	FLEXIBILITY & BALANCE	CARDIO FOCUS	STRENGTH FOCUS	YOUTH FITNESS
MONDAY SM AOA Pool Fitness 10:30am • Jen M SM AOA Pool Fitness 11:15am • Jen M SM Poolates 4:15pm • Teri	MONDAY GP Group Cycling 9:15am • Jen M GP Group Cycling 5:30pm • Diana	MONDAY GP Yoga 7:00pm • Heidi	MONDAY GP Boxing 7:30am • Michelle GYM Going Strong I 8:00am • Paula	MONDAY GP The Brick 5:45am • Michelle GYM Going Strong II 10:30am • Teri FTR F.I.T. at the Y 6:00pm • Tony	MONDAY GP Youth Boxing Grades 5-8 3:30pm • Tony
TUESDAY LG Pool Fitness 8:30am • Mary SM Poolates 9:00am • Heidi SM Deep End Poolates 10:45am • Teri	TUESDAY GP Group Cycling 5:45am • Shauna	TUESDAY GP Yoga 7:00am • Donna GP Chair Yoga 10:15am • Heidi GP Balance & Bones 11:20am • Heidi GP Chair Yoga 12:00pm • Teri	TUESDAY GYM Dance Fitness 6:30pm • Elizabeth	TUESDAY GP Stretch/Strengthen 8:00am • Donna FTR Fit After 50 8:15am • Tony GYM Strength Training 9:20am • Michelle GYM Body Shaping 5:15pm • Christine	TUESDAY GP Kids Yoga 4:30pm • Jen
WEDNESDAY SM AOA Pool Fitness 10:30am • Jen M SM AOA Pool Fitness 11:15am • Jen M	WEDNESDAY GP Group Cycling 9:15am • Jen M GP Instructor Choice Cycling • 5:30pm • Various	WEDNESDAY GP Yoga 7:00pm • Heidi	WEDNESDAY GYM Bootcamp 5:45am • Michelle GYM Going Strong I 8:00am • Paula	WEDNESDAY GYM Going Strong II 10:30am • Teri FTR F.I.T. at the Y 6:00pm • Tony	WEDNESDAY FTR Youth Strength 3:30pm • Tony
THURSDAY LG Pool Fitness 8:30am • Mary SM Poolates 9:00am • Heidi SM Deep End Poolates 10:45am • Teri	THURSDAY GP Group Cycling 5:45am • Michelle	THURSDAY GP Yoga 7:00am • Donna GP Chair Yoga 10:15am • Heidi GP Balance & Bones 11:20am • Heidi GP Chair Yoga 12:00pm • Teri	THURSDAY GYM Dance Fitness 6:30pm • Elizabeth	THURSDAY GP Stretch/Strengthen 8:00am • Donna FTR Fit After 50 8:15am • Tony GYM Body Shaping 5:15pm • Christine	THURSDAY FTR Jr. Fit Grades 1-4 6:30pm • Shauna
FRIDAY SM Pool Fitness 9:05am • Teri	FRIDAY GP Group Cycling 9:15am • Shauna	FRIDAY GYM Piloxing Barre 9:15am • Christine	FRIDAY	FRIDAY GYM Muscle MAX 5:45am • Michelle GYM Strength Training 8:00am • Nancy	FRIDAY
SATURDAY	SATURDAY GP Group Cycling 7:00am • Michelle	SATURDAY GP Yoga Flow 8:05am • Chaitali	SATURDAY GYM Zumba 9:30am • Kait C GP Adult SwordFit 10:15am • Martin	SATURDAY MINI GYM Youth SwordFit 11:30am • Martin	SATURDAY

Please note: these categories are meant to help guide your class selection. All classes have elements of many areas of fitness including cardio, strength and flexibility/balance.

Your Health & Wellness Team



Michelle Urbanski
Health & Wellness Director
murbanski@westfieldymca.org



Tony Casale
Associate Health & Wellness Director
tcasale@westfieldymca.org