

Westfield Area YMCA Group Fitness Schedule 12/21 - 12/26

MONDAY 12/21			TUESDAY 12/22				WEDNESDAY 12/23			THURSDAY 12/24			FRIDAY 12/25			SATURDAY 12/26		
WELDON OR VIRTUAL	KELLOGG OR VIRTUAL	VIRTUAL	WELDON OR VIRTUAL	KELLOGG	WELDON OR OUTDOORS TBD	KELLOGG OR VIRTUAL	WELDON OR VIRTUAL	WELDON	VIRTUAL	WELDON OR VIRTUAL	VIRTUAL	MAIN GYM OR VIRTUAL	WELDON OR VIRTUAL	WELDON	VIRTUAL			
			Senior Fitness 8:00am Lilian							Body Sculpt 8:00am Jean			Senior Fitness 8:00am Lilian			<div style="font-size: 2em; font-weight: bold; padding: 10px;"> Merry Christmas The Y is closed Christmas Eve The Y is closing at 1pm </div>		
Body Sculpt 9:00am Jean				Pilates 9:00am Kathy						Yoga 9:30am Madeline							If you have not yet taken a pre-recorded class, today is a good day!	
	HIIT 10:00am Jenny		Yoga 10:00am Ranji							Cardio Sculpt 9:45am Natalie		Yoga 10:00am Liz						
Senior Fitness 11:15am Jenny			Delay the Disease 11:30am Jean							Senior Fitness 11:15am Betsy								
										TRX / Sculpt 12:45pm Jenny								
		Dance Fitness 6:00pm Natalie																

***ALL INDOOR CLASSES HAVE A VIRTUAL OPTION** (Except TRX/Sculpt, Tue. AM Pilates, Cycle Classes)
 Classes are 55 minutes in length

For more information: Contact Greg Hatzisavvas at ghatzisavvas@westfielddynj.org or 908-233-2700 x251

MIND/BODY	Cardio	Barre	Strength	Senior/Special Health Classes
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Westfield Area YMCA Group Fitness Schedule 12/28 - 1/2

<u>MONDAY 12/28</u>		<u>TUESDAY 12/29</u>		<u>WEDNESDAY 12/30</u>		<u>THURSDAY 12/31</u>		<u>FRIDAY 1/1</u>			<u>SATURDAY 1/2</u>	
<u>WELDON OR VIRTUAL</u>		<u>WELDON OR VIRTUAL</u>	<u>WELDON OR OUTDOORS TBD</u>	<u>WELDON OR VIRTUAL</u>	<u>WELDON</u>	<u>WELDON OR VIRTUAL</u>	<u>MAIN GYM OR VIRTUAL</u>	<u>WELDON OR VIRTUAL</u>	<u>WELDON</u>	<u>VIRTUAL</u>	<u>OUTSIDE</u>	<u>WELDON OR VIRTUAL</u>

***ALL INDOOR CLASSES HAVE A VIRTUAL OPTION** (Except TRX/Sculpt, Cycle Classes)
 Classes are 55 minutes in length

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MIND/BODY	Cardio	Barre	Strength	Senior/Special Health Classes
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