

Cranford YMCA Adult Programs

Spring 2 Session Schedule (April 20–June 21)

No Class April 18, April 20 & May 26



	MON	TUE	WED	THU	FRI	SAT
7:00am		Adult Master	New Member Fitness Orientation		New Member Fitness Orientation	Adult Master
9:00am		New Member Fitness Orientation				New Member Fitness Orientation
9:10am			Chair Yoga w/ Madeline			
9:15am		Aqua Fit Shallow w/ Beth		Heart Smart: Heart Pumping Cardio w/ Beth		
9:30am				New Member Fitness Orientation		
10:00am	Arthritis Exercise w/ Patti		NEW! Aqua Dance Party w/David	Chair Yoga w/ Andrea	Adult Beginner	
10:10am			Yoga w/ Madeline	Aqua Fit Deep w/ Beth		
10:30am		Pilates w/ Jean				
11:00am	Chair Yoga w/ Andrea Walk & Talk w/Patti			Aqua Yoga w/ Andrea		
11:30am	New Member Fitness Orientation					
11:45pm					Heart Smart: Heart Pumping Cardio w/ Patti	
12:00pm	Let's HIIT It! w/ Patti	Adult Beginner	Aqua Fit Deep w/ Beth			New Member Fitness Orientation
1:00pm		Adult Intermediate		Adult Beginner Adult Intermediate		KEY Fitness Aquatics Zoom Fit!
6:00pm				New Member Fitness Orientation		
7:00pm		New Member Fitness Orientation	New Member Fitness Orientation	Adult Beginner		★ = Included in Membership
8:00pm			Intro to Weight Training	Adult Intermediate		• All other programs are available for an additional fee.

HAVE YOU ACTIVATED YOUR AMILIA ACCOUNT?

All members must activate their accounts for membership and program registration. Visit www.westfieldynj.org/amilia for step-by-step instructions.

Scan to view real-time pool schedule online:



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ADULT AQUATICS

(Age 16+)

WATER EXERCISE CLASSES

FREE with Cranford YMCA Membership!

All classes are 45 minutes .

Aqua Yoga

Unite body, mind, and spirit with breath work, movement, and meditation in shallow water, enhancing nervous system regulation and resilience.

Let's HIIT It!

Tabata and other heart pumping intervals in shallow water to get your week going!

NEW! Aqua Dance Party

Follow along and enjoy some of your favorite songs during this high-energy workout full of classic Aqua Zumba moves!

Aqua Fit Shallow

This medium-intensity, full-body workout combines cardio and strength exercises. Drag and buoyancy equipment may be used.

Aqua Fit Deep

Full-body workout integrates core and cardio conditioning in deep water. Buoyancy belt for proper alignment provided.

Heart Smart: Heart Pumping Cardio

High-intensity class involves intervals and water resistance for full-body workouts, boosting heart rate and overall health.

SWIM LESSONS

Adult Beginner (30 min.)

Overcome fears and become water-confident! Learn essential water safety and basic swimming skills at your own pace in a judgment-free zone.

Beginner classes are also available for teens.

Adult Intermediate (30 min.)

Develop and build endurance on all 4 strokes.

Adult Master

Challenge yourself with sets that expand on technique, endurance, and speed. Great for triathlon or competitive-type swim.

Taught by US Master Swim Coach Sally Kleeman.

HEALTH & WELLNESS

New Member Fitness Center Orientation (Age 15+)

New to the gym? This 30-minute session led by our strength trainers will introduce you to the various exercise equipment, in our fitness center and provide answers to any questions you may have.

Personal Training (Age 15+)

Our personal trainers are all nationally certified and ready to create an individualized program that will meet your specific needs and goals, whether you are getting ready for a triathlon, need post-injury rehabilitation, or you just need the motivation to get your exercise program on track.

Intro Special

3 Individual 45-minute sessions for \$119!

Visit the Member Services desk or our website to fill out the interest form.

Chair Yoga (Age 16+)

Enjoy yoga's benefits without having to get up/down from a mat! Improve balance and flexibility with chair-assisted movements. Learn mindfulness and breathing techniques that reduce stress and insomnia, and calm the nervous system.

Arthritis Exercise (Age 16+)

Helps reduce the pain, stiffness and fatigue associated with arthritis. Class can be done standing or seated.

Intro to Weight Training (Age 16+)

Build your foundation in fitness and discover your strength! Supervised by Y trainers, clinics consist of a 45 minute class each week that blends cardio, weights and strength equipment into one comprehensive 4-week program.

Walk & Talk (Age 15+)

Enjoy a 45 minute walk on the track for fresh air and good conversation. Challenge yourself each week to walk a little further.

NEW! Zoom Fit!

(Age 16+)

Chair Yoga

Enjoy yoga's benefits without having to get up/down from a mat! Improve balance and flexibility with chair-assisted movements. Learn mindfulness and breathing techniques that reduce stress and insomnia, and calm the nervous system.

Pilates

Improve core strength and balance, increase flexibility and enhance athletic performance.

Yoga

Breathing, relaxation and postures.

Questions? Contact Kim Koza-Baird at kkoza@westfieldynj.org or ext.326

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