



CRANFORD YMCA **ADULT PROGRAMS**

Fall 1 Session Schedule

(September 2 - October 25)

No Class September 1

MON	TUE	WED	THU	FRI
10:15am Arthritis Exercise w/Patti	7:00am Adult Master	9:10am Chair Yoga	7:00am Adult Master	8:15am Cardio Core
11:00am Chair Yoga w/Andrea	9:15am Aqua Fit Shallow w/Patti	10:00am Aqua Dance Party w/David	9:15am Hear Smart w/Beth	10:00am Adult Beginner
11:00am Walk & Talk w/Patti	10:30am Pilates	10:10am Yoga	10:00am Chair Yoga w/Andrea	10:10am Yoga
12:00pm Let's HIIT It! w/Patti	12:00pm Adult Beginner	12:00pm Aqua Fit Deep w/Patti	10:00am New Member Fitness Orientation	11:45am Heart Smart w/Patti
5:00pm New Member Fitness Orientation	1:00pm Adult Intermediate		11:00am Aqua Yoga	1:00pm Adult Master
SAT	7:00pm New Member Fitness Orientation		7:30pm Adult Beginner	2:00pm New Member Fitness Orientation
7:00am Adult Master				
10:10am Yoga				
10:00am NEW! Beyond Cardio Fitness				



Scan to view
real-time pool
schedule online

KEY

- Fitness
- Aquatics
- Zoom Fit
- ★ = Included in Membership
 - All other programs are available for an additional fee.

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!

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.

NEW! Beyond Cardio Fitness (Age 30-60)

This program is designed for adults and seniors who want to learn proper training techniques using dumbbells, free weights, machines, kettlebells, and TRX. Our comprehensive classes target all muscle groups, ensuring that participants build strength and improve overall fitness in a safe and supportive environment. Join us to enhance your physical health while gaining confidence in your training abilities!