



# CRANFORD YMCA **ADULT PROGRAMS**

## Fall 1 Session Schedule

(September 2 - October 25)

**No Class September 1**

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