



# CRANFORD YMCA ADULT PROGRAMS

## Winter 2026 Session Schedule (January 3– February 21)

No class Wednesday, 1/7 and Thursday, 1/15 from 3:30–5:30

### MON

10:15am  
**Arthritis Exercise**  
w/Patti

11:00am  
**Chair Yoga**  
w/Andrea

11:15am  
**Aqua Jogging**  
w/Patti

12:00pm  
**Let's HIIT It!**  
w/Patti

### SAT

7:00am ★  
**Adult US Master**  
w/Sally

10:00am ★  
**Beyond Cardio  
Fitness**  
w/Chris

### TUE

7:00am ★  
**Adult US Master**  
w/Sally

9:15am  
**Aqua Fit Shallow**  
w/Beth

10:30am  
**Pilates**  
w/Jean

12:30pm ★  
**Adult Beginner**  
w/Leo

1:00pm ★  
**Adult Intermediate**  
w/Leo

### WED

9:10am  
**Chair Yoga**  
w/Madeline

10:10am  
**Yoga**  
w/Madeline

12:00pm  
**Aqua Fit Deep**  
w/Beth

### THU

7:00am ★  
**Adult US Master**  
w/Sally

9:15am  
**Aqua Fit Shallow**  
w/Beth

10:00am  
**Chair Yoga**  
w/Andrea

3:00pm ★  
NEW! **Adaptive Swim**  
w/Mo

7:30pm ★  
**Adult Beginner**  
w/Mo

### FRI

8:15am  
**Aqua Fit Deep**  
w/Beth

10:00am ★  
**Adult Beginner**  
w/Patti

10:10am  
**Yoga**  
w/Heather

11:45am  
**Heart Smart**  
w/Patti



Scan to view  
real-time pool  
schedule online

## KEY

- Fitness
- Aquatics
- Zoom Fit

★ = Not Included in Membership

- All other programs are available for free with membership.

# ADULT AQUATICS

(Age 16+)

## WATER EXERCISE CLASSES

FREE with Cranford YMCA Membership!

All classes are 45 minutes .

### 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.

### Aqua Jogging

Aqua jogging, also called deep-water running, is a low-impact cardiovascular exercise that mimics land running by jogging in place or laps in the deep end of a pool, using a flotation belt for support, offering running benefits without joint stress by leveraging water resistance for strength and buoyancy for flotation

# 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.

# 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.

**Visit the Welcome Center to see what times work for you!**

## 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 \$125!

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.

## Beyond Cardio Fitness (Age 30-75)

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!

## Adult US Master

Get more out of your laps! This advanced class is focused on improving technique, proficiency, speed, and endurance across all four competitive strokes. Year-round format reflects short-course, and open-water seasons. Drop-in and prepaid options available.

**Taught by US Master Swim Coach Sally Kleeman.**

## NEW! Adaptive Swim

Swimmers work on skills that are appropriate for their ability level. Limited spots available, contact Kim Koza-Baird for more information  
**Swim class for adults age 17+ with special/adaptive needs.**