CRANFORD YMCA **ADULT PROGRAMS**

Fall 2 2026 Session Schedule (November 1- December 23)

No class: Thursday 11/27, Friday 11/28
No Class from 3:00-5:30pm: Tuesday 12/8, Tuesday 12/15, Tuesday 12/22

MON

- 10:15am **Arthritis Exercise** w/Patti
- 11:00am **Chair Yoga** w/Andrea
- 11:00am **Walk & Talk w/Patti**
- 12:00pm **Let's HIIT It!** w/Patti

TUE

- 7:00am ★ **Adult US Master** w/Sally
- 9:15am **Aqua Fit Shallow** w/Beth
- 12:00pm **Aqua Fit** w/Eugina
- 12:30pm ★ **Adult Beginner**
- 1:00pm ★ **Adult Intermediate**
- 5:00pm ★ **Adult Beginner**

WED

- 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
- 7:30pm ★ **Adult Beginner**

FRI

- 8:15am **Aqua Fit Deep** w/ Beth
- 11:00am **Heart Smart** w/Patti

SAT

- 7:00am ★ **Adult US Master** w/Sally
- 9:30am ★ **Beyond Cardio Fitness** w/ Chris

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.

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 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.**

NOTE: Non-Members
- **May register for the 5 pack of Masters swim ($60) once a year**
- **After 5 visits, a YMCA membership is required to continue participating**

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 18-75)
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!

Walk & Talk (Age 16+)
Enjoy a 45 minute walk on the track for fresh air and good conversation, Challenge yourself each week to walk a little faster. Alternate Aqua Jogging class will take place if weather does not permit outdoor activity.