

CRANFORD YMCA **ADULT PROGRAMS**

Fall 2 Session (October 27-December 21)

No classes after 3:00pm on 10/31

No classes 11/28 & 11/29

	MON	TUE	WED	THU	FRI	SAT
7:00am		Adult Master				Adult Master
7:30am	New Member ★ Fitness Orientation					
9:00am	Adult Beginner		New Member ★ Fitness Orientation			New Member ★ Fitness Orientation
9:15am		Aqua Fit Shallow ★ w/ Beth		Heart Smart: Heart Pumping Cardio ★ w/ Beth		
9:30am						
10:00am				Chair Yoga ★ w/ Andrea	New Member ★ Fitness Orientation	
10:15am	Arthritis Exercise ★ w/ Patti				Adult Beginner	
11:00am	Aqua Yoga ★ w/ Andrea					
11:30am					Heart Smart: Heart Pumping Cardio ★ w/ Patti	
12:00pm	Let's HIIT It! ★ w/ Patti		Aqua Fit Deep ★ w/ Beth			
1:00pm		Walk and Talk ★				
4:00pm						KEY
5:00pm						Fitness
6:00pm	Intro to Weight Training					Aquatics
6:30pm		Drawing Fundamentals		2D Drawing		Arts
7:00pm		Adult Beginner	New Member ★ Fitness Orientation	Adult Beginner		★ = Included in Membership
7:30pm		Adult Intermediate		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:





CRANFORD YMCA ADULT PROGRAMS

Fall 2 Session Schedule (October 27–December 21)

No classes after 3:00pm on 10/31

No classes 11/28 & 11/29

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.

Held outside in the Centennial Ave Pool.

ART & ENRICHMENT

(Age 16+)

Drawing Fundamentals

This class covers the fundamentals of drawing, focusing on layout and shading techniques. Develop a solid foundation to improve your drawing skills from composition to detailed shading.

2D Drawing

Discover the basic elements of 2D design in this introductory class. Perfect for those eager to develop their foundational art skills.

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.

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.

Arthritis Exercise (Age 16+)

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

Walk and 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 farther.

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