

CRANFORD YMCA ADULT PROGRAMS

Winter 2025 Session (January 2–February 22)

	MON	TUE	WED	THU	FRI	SAT
7:00am		Adult Master				Adult Master
7:30am	New Member Fitness Orientation ★	New Member Fitness Orientation ★			New Member Fitness Orientation ★	
9:00am			New Member Fitness Orientation ★			New Member Fitness Orientation ★
9:10am			Chair Yoga w/ Madeline ★			Power Flow Yoga w/ Heather ★
9:15am		Aqua Fit Shallow w/ Beth ★		Heart Smart: Heart Pumping Cardio w/ Beth ★		
9:30am				New Member Fitness Orientation ★		
10:00am	Arthritis Exercise w/ Patti ★			Chair Yoga w/ Andrea ★	New Member Fitness Orientation ★	
					Adult Beginner	
10:10am			Yoga w/ Madeline ★		Yoga w/ Heather ★	
10:30am		Pilates w/ Jean ★				
11:00am	Aqua Yoga w/ Andrea ★					
	Adult Beginner					
11:30am					Heart Smart: Heart Pumping Cardio w/ Patti ★	
12:00pm	Let's HIIT It! w/ Patti ★		Aqua Fit Deep w/ Beth ★			
1:00pm		Hit Your Stride ★		Adult Beginner		KEY Fitness Aquatics Zoom Fit!
				Adult Intermediate		
5:00pm			Stretch & Roll w/ Chrissy ★			
6:00pm	Intro to Weight Training		Athletic Conditioning	Intro to Weight Training		
7:00pm		Adult Beginner	New Member Fitness Orientation ★	Adult Beginner		★ = Included in Membership • All other programs are available for an additional fee.
				Athletic Conditioning		
7:30pm		Adult Intermediate	Intro to Weight Training	Adult Intermediate		

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:



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Winter 2025 Session Schedule (January 2–February 22)



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.

Hit Your Stride

Get your steps in...in the pool! Challenge your muscles and improve cardiovascular health in an environment that is easy on the joints and fun for everyone. Bring a friend and enjoy the socialization as you walk your way to a healthier you!

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.

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.

Athletic Conditioning (Age 15+)

Unlock your full potential and elevate your athletic performance! Under the guidance of Y personal trainers, this clinic features drills that will challenge and enhance your agility and speed, helping you achieve your goals.

NEW! Zoom Fit!

(Age 16+)

Chair Yoga

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.

Pilates

Improve core strength and balance, increase flexibility and enhance athletic performance.

Power Flow Yoga

Vinyasa inspired practice is a flow of poses that links breath to movement through dynamic and challenging sequences designed to build strength, increase stamina, and flexibility.

Stretch & Roll

Stretching techniques and the use of foam rollers are combined to help alleviate pain and tension in the muscles and fascia (myofascial release).

Yoga

Breathing, relaxation and postures.

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

Cranford YMCA • 401 Centennial Avenue, Cranford • 908-709-7260 • www.westfieldynj.org/cranford-ymca