

Aerobics Schedule

Spring 2024

January 16th-April 25th

Classes are FREE to Fitness Center Members

- Sign up for classes by calling fitness center 413-572-5500 or stopping by main fitness desk. Sign ups begin at 7am.
- Sign ups are on a first come first serve basis.
- Sign ups highly recommended (limited space in classes). Drop in welcomes if room is available.
- No advance sign ups allowed (can only sign up the day of class)
- All classes are co-ed
- Please call fitness center if you have signed up for class, but can no longer attend.
- Classes may not run on Holidays. Check Instagram for updates.
- *No classes week Spring Break*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
EVENING CLASSES			
YOGA 4:30-5:30 Stacy	ZUMBA 5:30-6:15 Kathryn		HIITlates 6:00-6:45 Madeline
INDOOR CYCLING 5:45-6:30 Stacy	INDOOR CYCLING 6:30-7:15 Aly	INDOOR CYCLING 6:30-7:15 Aly	ZUMBA 7:15-8:00 Kathryn
Class updates will be posted on our Instagram page elyfitnesscenter			

CLASS DESCRIPTIONS

HIITlates: NEW CLASS. This class is a combination of HIIT and Pilates. It is a Complete total body workout that combines strength and cardio training utilizing weights, resistance bands and your own body weight.

Indoor Cycling: This class is done on a stationary bike to high energy and motivating music while traveling flat roads, climbing hills and sprinting. *If you are new to this class, arrive 5-10 minutes before class starts to have your bike properly set up for you.

Zumba: Featuring Latin rhythms and easy to follow dance moves, Zumba® is a dance exercise class that keeps everyone motivated by creating a dance party atmosphere. Come join the party!

Yoga: Whether you are just beginning your yoga practice or looking to deepen your practice, this class focuses on the basic principles of yoga.

***Classes are designed to accommodate all fitness levels!**