

Aerobics Schedule

Fall 2024

September 9th-December 6th
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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
EVENING CLASSES			
HIIT 5pm-5:45pm Madeline	HIIT 5:15pm-6pm Madeline	INDOOR CYCLING 5pm-5:45pm Bridget	
YOGA 6pm-7pm Stacy	INDOOR CYCLING 6:15pm-7pm Aly	Zumba 6pm-6:45pm Kathryn/Karoline	INDOOR CYCLING 6:15pm-7pm Aly
Zumba 7:15pm-8pm Kathryn/Karoline			
Class updates will be posted on our Instagram page elyfitnesscenter			

CLASS DESCRIPTIONS

HIIT: 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.