



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Hampshire Regional YMCA PROGRAM GUIDE

**SPRING 2**

**SPRING 2 REGISTRATION DATES:**

**MEMBER:** April 7, 2025

**COMMUNITY:** April 14, 2025

**REGISTER ONLINE TODAY!**



**SPRING 2 SESSION:** April 28 - June 16, 2025

This is a 7-week program session.  
Some programs are available for ongoing registration.

**See Back Cover for Building Hours.**

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## SPRING 2 SESSION DATES:

APRIL 28 – JUNE 16, 2025

MEMBER REGISTRATION BEGINS: APRIL 7, 2025

NON-MEMBER REGISTRATION BEGINS: APRIL 14, 2025

**THIS IS A 7-WEEK PROGRAM SESSION** \*No classes on Memorial Day (Monday, May 26th) – Ends on Monday, June 16th\*

## MEMBERSHIP:

We combine spirit, mind, and body in an integrated approach to well-being that goes beyond just fitness. With the Y you can increase energy, decrease stress, prevent illness, maintain a healthy habits, find personal balance, enjoy time with your family and friends, and build community. Membership benefits to our Y include reduced program, camp, and sport prices and priority registration, child watch, access to our state of the art Wellness Center, group exercise classes, and so much more! Visit the [Welcome Center](#), call 413-584-7086 or our [website at www.hrymca.org](#) for more information on membership and rates.

With the Y, you're not just a member of a facility; you're part of a cause. As a charitable nonprofit, your membership will not just bring meaningful change in yourself, but also in your community. Part of what makes us a nonprofit is our belief that you shouldn't be denied the opportunity to have a healthy lifestyle because of inability to pay. Financial Assistance is available for those that qualify. For more information about [Financial Assistance](#), please contact [Mark Cabral](#) at [Mark.Cabral@hrymca.org](mailto:Mark.Cabral@hrymca.org) or call 413-584-7086 Ext. 102

## HAMPSHIRE REGIONAL YMCA – REFUND POLICY FOR PROGRAMS/CLASSES:

Requests for refund or credit (voucher) must be made in person or in writing. Refund or credit (voucher) will be given according to the following schedule: 100% – two weeks before first week of class / 100% – voucher only, one week prior to start of class. Once a session begins, all changes must be approved by the program director. Membership must be active through current session in order to receive member discount.

**\*Programs will not be prorated due to late registration.**

# YOUTH PROGRAMMING

## PRESCHOOL & CHILD WATCH

### Tumble and Play (Begins October 3, 2024)

**Members: FREE – Non Members: \$5.00 first child & \$2.50 each additional child**

Meet other Y families while children ages crawling-5 years play their way through a series of tumbling mats and toys.

**Tue & Thu: 10:30am-11:30am**

Location: Gymnasium  
No Registration Required

### Mini Kickers (Ages 2-3)

**4-week session – April 2, 9, 16 & 30**

**Members: \$26 – Non Members: \$42**

In this intro to soccer class, children will learn basic skills and drills while having fun with their peers!

**Wed: 4:00pm-4:30pm**

Location: Outside

### Parent-Child No-Bake Cooking (Ages 4-5)

**Members: \$26 – Non Members: \$42**

Participants will learn kitchen safety, read recipes, measure ingredients, and create shopping lists for future classes.

**Wed: 4:30pm-5:00pm**

Location: Small Child Watch Room  
\*Parents participate with child(ren).

### Intro to T-Ball (Ages 2-3)

**Members: \$26 – Non Members: \$42**

This engaging and interactive program is the perfect way for little athletes to learn the fundamentals of T-Ball—from throwing and catching to batting and running the bases—all in a fun, supportive environment.

**Tue: 4:00pm-4:30pm**

Location: Small Child Watch Room  
\*Parents participate with child(ren).

## CHILD WATCH HOURS!

**Mon-Fri:**

**8:30am-12:00pm**

**4:00pm-7:00pm**

**Sat: 8:30am-12:00pm**

**Sun: 8:30am-12:00pm**

### Parent's Afternoon Out (Ages 3-5)

**April 5th & 19th**

**Members: \$26 – Non Members: \$42**

Drop the kiddos off at the Y for an exciting afternoon packed with: Creative crafts A movie A snack Whether you're planning a workout, a special date, or just some relaxing downtime, we've got you!

**Sat: 12:30pm-3:00pm**

Location: Small Child Watch Room  
\*Children must be potty trained to attend.

For more information about Preschool programs, please contact Camp Koala Director & Child Watch Coordinator, Stephanie Raftery at [Stephanie.Raftery@hrymca.org](mailto:Stephanie.Raftery@hrymca.org)

## SCHOOL-AGE & TEENS

### **NEW! Fiber Arts Class (Ages 7-11)**

**Members: \$55 – Non Members: \$85**

#### **Join Our NEW Fiber Arts Class at the HRYMCA!**

Are you ready to get creative? Our new Fiber Arts class is the perfect way for kids to explore the world of yarn and thread! In this fun, hands-on class, children will learn the basics of sewing, embroidering, and making friendship bracelets. Fiber arts are a fantastic way to develop fine motor skills, patience, and creativity, all while having fun with friends!

**Thu: 4:30pm-5:15pm**

Location: Youth Center

### **NEW! Gardeners Club (Ages 7-11)**

**Members: \$55 – Non Members: \$85**

#### **Join Our NEW Gardener's Club at the HRYMCA!**

In our Gardener's Club, kids will have the chance to dig in and learn the basics of gardening! From planting seeds to caring for their own potted plants, children will get hands-on experience and a deeper understanding of how plants grow. They'll learn about soil, watering, sunlight, and the essential steps needed to help their plants thrive. This class is the perfect way for young gardeners to explore the wonders of nature and develop a green thumb!

**Mon: 4:00pm-4:45pm**

Location:

### **Ninja Warriors**

**Members: \$88 – Non Members: \$144**

Come train just like a Ninja Warrior! Children will develop speed, agility, balance and strength that will help build a foundation for future sports or fitness pursuits. Our gymnasium transforms with an obstacle course including a tumble track trampoline, our Ninja Cage with different attachments every week, and the warp wall!

#### **Ages 3-5:**

**Wed 4:30pm-5:15pm**

**Sat: 9:00am-9:45am (Parent-Child), 9:55am-10:40am**

#### **Ages 6-8:**

**Wed: 5:25pm-6:10pm**

**Sat: 10:50am-11:35am**

#### **Ages 9-12:**

**Wed: 6:20pm-7:05pm**

Location: Gymnasium

### **Youth Pickleball League (Ages 9-12)**

**Members: \$42 – Non Members: \$70**

Join our HRYMCA Youth Program! This class is designed for children who want to learn and master the exciting game of pickleball. In this fun and interactive class, kids will develop key skills. Instructors will guide players through drills and mini games. The goal is to build confidence and teamwork, all while improving their pickleball technique.

**Tue: 5:00pm-5:45pm**

Location: Gymnasium

### **Youth GaGa Ball League**

**Members: \$60 – Non Members: \$98**

Come learn how to play Gaga Ball in all its different variations with friends and Y staff. Whether it's your first time playing Gaga or you're a seasoned pro, we have the class for you.

**Mon: 4:00pm-4:45pm (Rookies Ages 5 & 6)**

**Mon: 5:00pm-5:45pm (Scrimmage Ages 7-10)**

Location: Gymnasium

For more information about School-Age programs, please contact Anaia Cayode, Youth Programs Coordinator at [Anaia.Cayode@hrymca.org](mailto:Anaia.Cayode@hrymca.org)

# AQUATICS PROGRAMMING

## Parent-Child Swim Lessons (6–20 months)

### Water Discovery A

**Members: \$95 – Non Members: \$141**

Parents accompany children in Stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water. This class is for kids who aren't yet able to respond to verbal cues and jump on land.

**Mon: 3:30–4:00pm, 4:50–5:20pm, Tue: 4:10–4:40pm,  
Thu: 9:00am–9:30am, Sat: 9:00–9:30am, 9:40–10:10am,  
Sun: 9:00–9:30am, 11:00–11:30am**

Location: Small Pool

## Parent-Child Swim Lessons (20–36 months)

### Water Exploration B

**Members: \$95 – Non Members: \$141**

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills. This class is for kids who aren't yet comfortable working with an instructor without a parent in the water.

**Mon: 4:10–4:40pm, Tue: 3:30–4:00pm, Sat: 10:20–10:50am,  
11:00–11:30am, Sun: 9:40–10:10am, 10:20–10:50am**

Location: Small Pool

## Parent Welcome Preschool Swim Lessons (Ages 3–5)

### Stage 1: Water Acclimation

**Members: \$95 – Non Members: \$141**

Parents have the option to join their preschool-aged child in the water to work with them to get comfortable working with an instructor to develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This class is for those who aren't yet comfortable going underwater voluntarily.

**Tue: 3:30–4:00pm, 4:50–5:20pm, Thu: 3:30–4:00pm**

Location: Small Pool

## Preschool Swim Lessons (Ages 3–5)

### Stage 1: Water Acclimation

**Members: \$95 – Non Members: \$141**

Students develop increased comfort with underwater explorations and basic self-rescue skills performed with assistance. This stage lays the foundation that allows for a student's future progress in swimming. This class is for those who aren't yet comfortable going underwater voluntarily.

**Mon: 3:30–4:00pm, Thu: 9:30–10:00am, 4:10–4:40pm,  
Sun: 10:20–10:50am, 11:00–11:30am**

Location: Small Pool

## Preschool Swim Lessons (Ages 3–5)

### Stage 2: Water Movement

**Members: \$95 – Non Members: \$141**

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also developing independence in performing water safety skills. This class is for those who aren't yet able to do a front and back float on their own.

**Mon: 3:30–4:00pm, 4:10–4:40pm, Tue: 5:30–6:00pm,  
Thu: 5:30–6:00pm, Sat: 9:00–9:30am, 9:40–10:10am**

Location: Small Pool

## Preschool Swim Lessons (Ages 3–5)

### Stage 3: Water Stamina

**Members: \$95 – Non Members: \$141**

In Stage 3, students learn how to swim to safety from a longer distance than in previous levels in the event of falling into a body of water. This level also introduces rhythmic breathing and integrated arm and leg action. This class is for those who aren't yet able to swim 10–15 yards on their front and back.

**Mon: 5:30–6:00pm, Tue: 4:10–4:40pm, Thu: 4:50–5:20pm,  
Sat: 10:20–10:50am**

Location: Small Pool

## Preschool Swim Lessons (Ages 3–5)

### Stage 4: Stroke Introduction

**Members: \$95 – Non Members: \$141**

Students in stage 4 develop stroke techniques in front crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke. This class is for those who aren't yet able to swim 15 yards of front and back crawl. This class introduces stroke technique, so being able to swim 15 yards (regardless of technique) is a required starting point.

**Mon: 5:30–6:00pm, Tue: 4:50–5:20pm, Sun: 9:00–9:30am**

Location: Small Pool

## School Age Swim Lessons (Ages 6–12)

### Stage 1: Water Acclimation

**Members: \$95 – Non Members: \$141**

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This is the first stage in the YMCA Safety Around Water program and lays the foundation for future aquatics activities. This class is for those who aren't yet comfortable going underwater voluntarily.

**Mon: 4:50–5:20pm, Sat: 10:20–10:50am**

Location: Large Pool

## AQUATICS CONTINUED

### School Age Swim Lessons (Ages 6-12)

#### Stage 2: Water Movement

**Members: \$95 – Non Members: \$141**

In Stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

**Mon: 4:50-5:20pm, Tue: 5:30-6:00pm, Thu: 4:50-5:20pm,  
Sat: 11:00-11:30am, Sun: 9:40-10:10am**

Location: Large Pool

### School Age Swim Lessons (Ages 6-12)

#### Stage 3: Water Stamina

**Members: \$95 – Non Members: \$141**

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

This class is for those who aren't yet able to swim 10-15 yards on their front and back.

**Mon: 4:10-4:40pm, 5:30-6:00pm, Tue: 4:10-4:40pm,  
5:30-6:00pm, Thu: 4:10-4:40pm, Sat: 9:00-9:30am,  
9:40-10:10am, 10:20-10:50am**

Location: Large Pool

### School Age Swim Lessons (Ages 6-12)

#### Stage 4: Stroke Introduction

**Members: \$95 – Non Members: \$141**

Students in stage 4 develop stroke techniques in front crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

This class is for those who aren't yet able to swim 15 yards of front and back crawl.

**Mon: 4:10-4:40pm, 4:50-5:20pm, 6:10-6:40pm,  
Tue: 4:10-4:40pm, 6:10-6:40pm, Thu: 4:10-4:40pm,  
4:50-5:20pm, Sat: 9:00am-9:30am, 11:00-11:30am**

Location: Large Pool

### School Age Swim Lessons (Ages 6-12)

#### Stage 5: Stroke Development

**Members: \$95 – Non Members: \$141**

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

This class is for those who aren't yet able to swim the front crawl, back crawl, and breaststroke across the pool.

**Mon: 4:10-4:40pm, 5:30-6:00pm, Tue: 4:50-5:20pm,  
5:30-6:00pm, Thu: 5:30-6:00pm, Sat: 9:40-10:10am**

Location: Large Pool

### School Age Swim Lessons (Ages 6-12)

#### Stage 6: Stroke Mechanics

**Members: \$95 – Non Members: \$141**

In stage 6, students refine stroke techniques on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

This class is for those who aren't yet able to swim the front crawl, back crawl, and breaststroke across the pool and back.

**Mon: 4:50-5:20pm, 6:10-6:40pm, Tue: 4:50-5:20pm,  
Thu: 6:10-6:40pm, Sat: 11:00-11:30am**

Location: Large Pool

### Adult Beginner (18+) Swim Lessons

**Members: \$95 – Non Members: \$141**

Our adult swim lessons provide a place for swimmers ages 18 and older to learn how to swim in a friendly small-group setting. We have students of all comfort levels and abilities— from young parents to high school students to retirees.

**Wed: 5:00pm-5:45pm**

Location: Small Pool

### Adult Intermediate (18+) Swim Lessons

**Members: \$95 – Non Members: \$141**

Our adult swim lessons provide a place for swimmers ages 18 and older to learn how to swim in a friendly small-group setting. We have students of all comfort levels and abilities— from young parents to high school students to retirees.

**Wed: 7:00pm- 7:45pm**

Location: Large Pool

### Introduction to Competitive Swim Team (Ages 6-12)

**Members: \$189 – Non Members: \$281**

This swim lesson program prepares Stage 6 swim lesson graduates for the pace and commitment of the swim team. In this class, students will refine and practice all 4 strokes: Butterfly, Freestyle, Breaststroke, and Backstroke.

**Mon & Thu: 5:30pm-6:00pm**

Location: Large Pool

\*Taking this class does not mean your student has an automatic spot on the swim team at the HRYMCA.

### Lifeguard Certification Course (V7)

**Members: \$250 – Non Members: \$300**

**April 21st – 25th, 2025 | 9:00am – 4:00pm**

The YMCA Lifeguard V7 course is designed to provide participants with the knowledge and skills necessary to be a lifeguard and professional rescuer.

Location: Large Pool & Youth Center

# HEALTHY LIVING PROGRAMMING

## PARKINSON'S PROGRAMMING

**All Parkinson's Programs are FREE for Y members. Non-members may join the Dance for Parkinson's class for a \$30 monthly fee. Classes are ongoing.**

### Parkinson's Cycle

Pedaling at a certain rate per minute (RPM) has shown to increase strength and improve symptoms of PD, plus it can be fun when you add trivia and sing-a-longs! This is an evidence-based, small group cycling program. Classes are ongoing, once per week for 45 minutes.

**All participants must complete a health history and get a signed medical clearance from a healthcare provider. Options to attend virtually or in person.**

**Mon: 1:00pm-1:45pm**

### Dance for Parkinson's

Experience the joy of movement in this class designed for people with Parkinson's and their care partners. Participants will access their creativity within a supportive community of movers. Classes incorporate seated warm-ups with standing and locomotor movement that can also be adapted for seated movers.

**A medical clearance and pre-registration is required.**

**Wed: 2:15pm-3:15pm**

### Parkinson's Exercise Program

A small-group exercise program based on research done by Boston University. A trained instructor leads participants through strengthening and balance exercises and stretches designed for those with PD. Classes are ongoing, once per week for 60 minutes.

**All participants must complete a health history and get a signed medical clearance from a healthcare provider. Options to attend virtually or in person.**

**Wed: 1:00pm-1:50pm**

### Parkinson's HIIT Circuit Class

HIIT stands for High Intensity Interval Training, a style of exercise where short bursts of high intensity exercises are followed by short periods of low intensity recovery. Participants will perform strength training intervals using combinations of weights, bands and body weight. Class will conclude with stretching and flexibility exercises. Studies have found that people with Parkinson's who regularly participated in HIIT training had increased neuronal activity, experienced a decrease in Parkinson's symptoms, and felt that their quality of life improved.

**A medical clearance and pre-registration is required. This class is offered in-person only.**

**Tue & Thu: 1:00pm-1:55pm**

### Coffee Hour for HRYMCA PD program participants and their caregivers

Connect with others in the PD community to socialize and share resources.

**Mon: 2:00pm-3:00pm**

Location: Studio 1



## HEALTHY LIVING CONTINUED

### LIVESTRONG® AT THE YMCA

LIVESTRONG® AT THE YMCA is a free, small-group exercise program that helps adult cancer survivors reclaim their health and well-being following cancer treatment. Participants commit to attending two, 90-minute classes per week for twelve weeks. Classes are guided by a certified LIVESTRONG® AT THE YMCA instructor. Participants also receive a complimentary twelve-week membership to the Y for themselves and their immediate family.

**Medical provider approval is required.**

**Our next session is scheduled to begin in May 2025.**

Please contact, Senior Program Director of Wellness and Healthy Living, Lynne Zusi, at [Lynne.Zusi@hrymca.org](mailto:Lynne.Zusi@hrymca.org) or call 413.584.7086 x119.

### Northampton Senior Center – Group Exercise Classes

**Drop-in fee – \$3/class for NSC and Y members**

Did you know that the Y is offering classes at the Northampton Senior Center, taught by HRY instructors? Those interested in attending must become an NSC member (free for Northampton residents, \$2 for non-residents) in order to participate. Call or stop by the senior center to get started!

**Low-Impact Aerobics & Strength with Shawn**

**Mon: 10:30am**

**Low-Impact Aerobics & Strength with Lynne**

**Wed: 10:30am**

**Yoga Strength & Stretch with Melinda**

**Tue: 9:00am**

**Yoga Foundations with Teresa**

**Mon & Wed: 8:30am**

**Strength, Stretch & Balance with Jo**

**Thu: 9:00am**

### Zumba® Gold class for NSC members

**NSC members are invited to come to the HRYMCA to attend our Zumba® Gold class!**

Enjoy easy to follow, Latin-inspired dance combinations, with a sprinkling of other rhythms and dance styles from around the world. This class feels more like a party than a workout! Zumba® Gold is similar stylistically and musically to regular Zumba® but taught at a lower-intensity and the movements are easier on the joints to make it accessible to a wider range of ages and fitness levels.

**Thu: 4:30pm**

Location: Studio 2

\*There is no charge for NSC members – just bring your NSC membership card and sign in at the HRYMCA Welcome Center. This opportunity is inspired by our existing collaboration with the Northampton Senior Center.

### Spinathon – A fundraiser to support Parkinson’s programming and equipment

Join us for a fun morning of cycle classes as we come together as a community to fundraise and support our Parkinson’s programming and equipment. Our Parkinson’s programming is vital to those who have been diagnosed with Parkinson’s disease.

**Saturday, May 3rd**

**9:00am – 12:00pm**

Location: Airnasium

More details to come!

### Animal Flow Fitness with Rachel

**4-Week Series: May 6th, 13th, 20th and 27th**

**Members: \$40 – Non Members: \$55**

Animal Flow incorporates a multiplanar bodyweight system of movements, designed to improve strength, power, flexibility, mobility, and coordination. It is fun, playful and challenging. In this series, the basics of the format will be reviewed then participants will build upon what they’ve learned, creating a flowing movement sequence over the four week session.

**Tue: 6:00am**

Location: Studio 2

\*Please be prepared to work barefoot.

\*This format requires the ability to support one’s own bodyweight on hands, knees and feet.

\*Rachel has a level one certification as an Animal Flow Instructor.



For more information about Healthy Living Programming, please contact Senior Program Director of Wellness & Healthy Living, Lynne Zusi at [Lynne.Zusi@hrymca.org](mailto:Lynne.Zusi@hrymca.org)



## WELLNESS PROGRAMMING

### Treadmill Workout Wednesdays with Rachel

**Members: \$65 – Non Members: \$165**

**6-week program: May 14 – June 18**

These 45-minute treadmill sessions use speed, incline and music to get your heart pumping and your mood soaring. All running paces welcome in this group format!

**Wed: 8:00am–8:45am**

Location: Cardio Room

\*This is not a Beginning Runners Program.

### Fitness with Osteoporosis with Matthew & Joey

**Members: \$100 – Non Members: \$200**

**6-week program**

Join us for an all encompassing series of workouts, designed to combat bone density loss!

Bone density loss can be frightening and sometimes life changing, however through exercise we can get it back!

This 6 week course will teach you fundamental exercises to keep your bones strong!

Exercise include:

- Bodyweight movements
- Postural education and reinforcing
- Resistance training

The HRYMCA also offers many other classes to complement what you learn here!

**Tue & Thu: 1:00pm–2:00pm**

Location: Functional Training Room

\*Classes meet twice a week for 45 minutes.

\*This will be a beginner level class with no special equipment required for members to participate. Just come ready to work out!

\*You don't have to be diagnosed with Osteoporosis to join the class. All are welcome, bone decay is something that so many of us face as we age, this class is for those who are also wanting to prevent osteoporosis from occurring in the first place

### Hypertrophy Training 101 with Danny

**Members: \$100 – Non Members: \$200**

**6-week program**

This course introduces participants to hypertrophy training which is training that focuses on muscle growth and draws heavily from the Scientific Principles of Hypertrophy Training by Dr. Mike Israetel, Dr. James Hoffman, Dr. Melissa Davis, and Jared Feather. We will teach you how to split out your workout days. If you are new to weight training, hypertrophy training, especially when coupled with proper nutrition and cardiovascular exercise, will result in you becoming stronger, leaner, and more muscular simultaneously!

**NEW! Mon & Wed: 6:00pm–7:00pm**

**Tue & Fri: 6:00pm–7:00pm**

Location: Functional Training Room

\*Max Number of Participants: 6

### NEW! Capoeira Beginner with Jared

**Members: \$65 – Non Members: \$165**

**6-week program**

Capoeira is an Afro-Brazilian martial art created by enslaved people in colonial Brazil. In this dynamic and beautiful dance-fight/artform participants kick, escape, turn upside down, play music and sing enacting resilience and resistance of the human spirit.

This beginner class is for those who have never played Capoeira before and who want to participate with basics in dance, music, and martial arts. In this class you will get stronger and more mobile in your body while also learning self-defense and artistic expression; all while intentionally growing together in community and spirit.

**Tue: 6:00pm**

Location: Airnasium

\*This program is open to all ages, abilities, and experience levels—everyone is welcome!

### NEW! Capoeira Intermediate with Jared

**Members: \$75 – Non Members: \$175**

**6-week program**

Capoeira is an Afro-Brazilian martial art created by enslaved people in colonial Brazil. In this dynamic and beautiful dance-fight/artform participants kick, escape, turn upside down, play music and sing enacting resilience and resistance of the human spirit.

The intermediate class is for those who have some dance, music, martial art, or Capoeira experience who want to develop further in their Capoeira expression. In this class you will get stronger and more mobile in your body while also learning self-defense and artistic expression; all while intentionally growing together in community and spirit.

**Thu: 5:00pm**

Location: Airnasium

\*This program is open to all ages, abilities, and experience levels—everyone is welcome!

### NEW! Functional Fitness with Matthew & Jessica

**Members: \$100 – Non Members: \$200**

**6-week program**

Learn fundamental movements of lifting weights and of ADLs. The class will focus on movements of everyday life but also be applicable to movements in the gym, movement patterns will include. Hip hinge, Squat, Deadlift, Overhead press, etc.

**Mon & Wed: 4:00pm–5:00pm**

**Thu & Sat: 10:00am–11:00am**

Location: Airnasium

\*This program is open to all ages, abilities, and experience levels—everyone is welcome!

## WELLNESS CONTINUED

### Barbell Basics with Sawyer

**Members: \$75 – Non Members: \$175**

#### 6-week program

Learn and work on the basics of barbell training to develop a strong base of knowledge and strength! This class will focus on four basic barbell compound lifts: squat, bench press, deadlift, and overhead press. In this team-based approach to training, you will not only learn how to perform the movement but will also learn how to spot work in an effective training group.

This class is perfect for those who are newer and just learning, as well as those who are more advanced and want to take it to the next level!

**Mon: 6:00pm–7:00pm | Deadlift and bench press**

**Wed: 5:00pm–6:00pm | Squat and overhead press**

Location: Functional Training Room & Weight Room

\*You must attend at least 8 of the 12 classes in this course to progress to the Barbell Intermediate class in the future.

### Barbell Intermediate with Sawyer

**Members: \$175 – Non Members: \$275**

#### 12-week program

This class is for those who have taken Barbell Basics and are looking to continue their knowledge and strength base. We will still be doing: squats, deadlift, bench press, and overhead press, but we will add in variations or modifications for all of them. The goal will be to understand these variations and finish the class with the knowledge of how to implement them to keep your lifts progressing when you reach plateaus.

#### Deadlift and Bench Press

**Sun: 9:00am–10:00am**

#### Squat and Overhead Press

**Wed: 6:00pm–7:00pm**

Location: Functional Training Room & Weight Room

\*You must have taken the Barbell Basics AND attend at least 8 of the 12 classes. If you took the class and were only able to make it in a handful of times, we recommend you sign up for another round of Barbell Basics to get more experience before progressing onwards.

### Introduction to TRX/Kettlebells with Rachel

**Members: \$65 – Non Members: \$165**

**6-week program: May 3 – June 14**

**\*No class Saturday May 24th for Memorial Day weekend\***

This 45-minute class introduces participants to using the TRX system and kettlebells. Each class meeting will consist of instruction, with time for Q&A, and a mini-workout.

**Sat: 8:00am–8:45am**

Location: Functional Training Room

\*Registration is open to first-time participants in this series.

\*Past participants of the Introductory series should register for TRX/Kettlebell Continuation.

### Barbell Club with Sawyer

**Members: \$55/month – Non Members: \$100/month**

This program is for those who have taken Barbell Intermediate, or have extensive experience with barbell lifts/variations of the lifts and are looking to continue their progress in a group setting. Members of this program will receive a 4-week lifting program with lifts 3x a week. Two of these workouts will be done individually, or in small groups organized by members, and one will be done together in the group lift on Sunday.

**Sun: 10:00am–11:00am & Mon: 5:00pm–6:00pm**

Location: Functional Training Room & Weight Room

\*This is an Advanced level program. If you have not taken Barbell Intermediate, you should be familiar with the following exercises:

- High Bar Squat
- Safety Squat
- Bar Squat
- Low Bar Squat
- Larson Press
- Floor Press
- Bench Press
- Sumo Deadlift
- Deadlift from Blocks
- Conventional Deadlift
- Push Press
- Pin Press
- Overhead Press

If you are unfamiliar with any of these exercise variations, then check out Barbell Intermediate where we go over each of them in great detail.

This is a continuous club similar to EFT, meeting once a week and with rolling registration.

### TRX/Kettlebell Continuation Series with Rachel

**Members: \$75 – Non Members: \$175**

**6-week program: May 2 – June 6**

This class is for those who have already taken Introduction to TRX/Kettlebells, have competency in these modalities, and want a weekly group workout experience. Each 45-minute session will include warm-up and cooldown, and intense circuit-style intervals to work your heart and muscles!

**Fri: 8:00am–8:45am**

Location: Functional Training Room

\*Pre-Requisite: Completion of Intro to TRX or intermediate level knowledge of TRX and kettlebells

For more information about Wellness Programming, please contact Wellness Director, Sawyer Levy at [Sawyer.Levy@hrymca.org](mailto:Sawyer.Levy@hrymca.org)

# HAMPSHIRE REGIONAL YMCA

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## BUILDING HOURS

Monday–Friday: 5:30AM–9:00PM

Saturday: 7:00AM–3:00PM

Sunday: 8:30AM–3:30PM

## HOLIDAYS/CLOSURES

 The entire facility will be closed on Monday, May 26th for Memorial Day

## UPCOMING EVENTS

 **HEALTHY KIDS DAY | SATURDAY, APRIL 26**

**11:00am–2:00pm | FREE Community Event**

Check our 'Events and News' website page for more details!



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