

# Westfield State University Ely Fitness Center

## HOURS OF OPERATION

**Spring 2023**

**January 16<sup>th</sup>-May 9<sup>th</sup>**

Service Desk Fitness Area		Aerobic Classes	Swimming Pool
<b>SUN</b>	10:30am-4:30pm	<b>*Classes Begin 1/17/2022</b>	<b>*Pool Opens 1/17/2022</b>
<b>MON</b>	7:00am-9:30pm		6:30pm-9:00pm
<b>TUE</b>	7:00am-9:30pm	Class Schedule can be found on Instagram or Website	6:30pm-8:30pm
<b>WED</b>	7:00am-9:30pm		6:30pm-9:00pm
<b>THU</b>	7:00am-9:30pm	*Call Fitness Center to sign up for class(s). *Same day sign ups only!	
<b>FRI</b>	8:00am-5:00pm	*Walk ins welcome, but highly suggest signing up as classes fill quickly.	*Open & Lap Swim *Limited capacity *No sign ups required
<b>SAT</b>	10:30am-4:30pm		

Management reserves the right to adjust the hours of operation based on customer usage. Please call the Service Desk 572-5500 or check Instagram for updated information. Adjusted hours of operation for dates listed below will be posted at the Service Desk.

### Holiday Schedule:

Martin Luther King Day 1/16: 12:00P-9:30pm  
 President's Day 2/18 & 2/19: 10:30am-2:00pm 2/20: 1:00pm-9:30pm  
 Spring Break 3/11 & 3/12: Closed 3/13-3/16: 9:30am-4:30pm 3/17: 9:30am-2pm 3/18 & 3/19: Closed  
 Patriot's Day 4/15 & 4/16: 10:30am-2:00pm 4/17: 1:00pm-9:30pm  
 Exam Week Schedule TBD  
 Snow Day/Delay Schedule **Check Instagram and website for updates on snow day/delay schedule.**

### Contacts:

Fitness Center Service Desk 413 572 5500  
 Myra Ahern, Manager 413 572 8415  
 Kamal Makkiya, Assistant Manager 413 572 5437

### Website & Social Media:

Instagram: [elyfitnesscenter](#)  
 Website: <http://www.westfield.ma.edu/student-life/fitness-centers/Fitness-Center>

### Membership Information:

#### Membership Fee

- \$92.50/semester (this is a waivable fee automatically charged to undergrad tuition)
- Full-time UG, Faculty, Staff, Administration, Retirees & Trustees can be paid at student accounts.
- DGCE students must pay in the DGCE office.

#### Membership Eligibility

- Full-time undergrad, Faculty, Administrators, Staff, Retirees, Trustees & DGCE Students can join during the semester months.
  - Alumni, spouses/partners of faculty/staff/admin in addition to the above list are eligible for summer memberships.

### Services Provided Upon Request: Ask Kamal, Myra Or Call Service Desk at 413 572 5500

1. Orientation Tours of the Facilities
2. Individualized Exercise Program Assistance by Certified Professional Staff (no personal training provided)
3. Fitness Assessments (Blood Pressure, Heart Rate, Body fat %, Circumference measurements, weight, BMI, flexibility, cardiovascular and muscular endurance/strength testing).
4. Fitness and Wellness programs
5. Health, Fitness & Nutritional Information