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

**Holiday Schedule:**

<table>
<thead>
<tr>
<th></th>
<th>Fitness/Desk Area</th>
<th>Aerobic Classes</th>
<th>Swimming Pool</th>
<th>Racquetball Court</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUN</td>
<td>12P - 10:30P</td>
<td></td>
<td>6:30P - 9:30P</td>
<td>12P - 10:30P</td>
</tr>
<tr>
<td>MON</td>
<td>6:30A - 10:30P</td>
<td>New Classes begin on 1/27</td>
<td>6:30P – 9:30P</td>
<td>6:30A - 10:30P</td>
</tr>
<tr>
<td>TUE</td>
<td>6:30A - 10:30P</td>
<td></td>
<td>6:30P - 9:30P</td>
<td>6:30A - 10:30P</td>
</tr>
<tr>
<td>WED</td>
<td>6:30A - 10:30P</td>
<td><strong>Class Schedule at Desk</strong></td>
<td>6:30P - 9:30P</td>
<td>6:30A - 10:30P</td>
</tr>
<tr>
<td>THU</td>
<td>6:30A - 10:30P</td>
<td></td>
<td>6:30P - 9:30P</td>
<td>6:30A - 10:30P</td>
</tr>
<tr>
<td>FRI</td>
<td>6:30A - 7:30P</td>
<td></td>
<td></td>
<td>6:30A - 7:30P</td>
</tr>
<tr>
<td>SAT</td>
<td>10A - 6P</td>
<td></td>
<td></td>
<td>*Pool Opens 1/21/2020</td>
</tr>
</tbody>
</table>

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

**Membership Fee:** Includes Ely and Woodward Fitness Center

**Membership Fee Spring Semester (January 20, 2020-May 8, 2020)**

- $92.50 Faculty, Administrators, Staff, Retirees, Trustees, DGCE Students, Full-time UG (This is a waivable fee automatically charged to your tuition bill. If you have not paid a part of your tuition bill, you are required to pay in order to use the Fitness Centers.)
- Accepted means of payment: Owl Bucks or Check made payable to Westfield State University. For payment information please see Myra or Kamal.

**Special Membership Information**

- If you pay for a Fall and Spring Fitness Center membership you will receive a free summer membership.

**Who Qualifies for Fitness Center Usage during the Academic Year**

1. Full-Time Undergraduate Students
2. DGCE Students
3. Faculty
4. Staff & Administrators
5. Retirees & Trustees
6. Spouses or Partners of faculty, staff and administrators qualify for summer membership only.
7. Membership is not extended to children or Alumni.

**Services Provided Upon Request: Call/Ask Kamal or Myra**

1. Orientation Tours of the Facilities
2. Individualized Exercise Program Assistance by Certified Professional Staff
3. Individual Fitness Assessments by Certified Professional Staff
4. Blood Pressure Measurement
5. Health, Fitness & Nutritional Information on Display
6. Racquetball Court Reservation
7. Men's and Women's Shower and Rest Room Facilities