

**Westfield State University**  
**Ely Fitness Center**  
*Spring 2021*

**HOURS OF OPERATION**

February 1-May 7

Service Desk Fitness Area		Aerobic Classes	Swimming Pool
<b>SUN</b>	12:00P – 4:00pm	<b>Classes Begin 2/8/2021</b>	<b>*Pool Opens 2/3/2021</b>
<b>MON</b>	7:00am-8:00pm		
<b>TUE</b>	7:00am-8:00pm	Class Schedule can be found on Instagram or Website	
<b>WED</b>	7:00am-8:00pm		5:30pm-7:30pm
<b>THU</b>	7:00am-8:00pm		
<b>FRI</b>	8:00am-5:00pm	*You must call fitness center to Sign up for an Aerobic Class. *No Walk ins Allowed	*Lap Swim Only *20 minute time limit *Call Fitness Center to reserve lane.
<b>SAT</b>	12:00pm-4:00pm		

**\*\*You must reserve a time slot on IMLeagues to attend the Fitness Center.\*\***  
**No walk ins allowed!**

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

**Holiday Schedule:**

President’s Day:            2/13 & 2/14: Closed    2/15: 3:00P – 8:00P  
Spring Break (cancelled): 3/8-3/12: Open regular hours, including Mental Health Day, 3/10  
Patriot’s Day                4/17 & 4/18: Closed    4/19: 3:00P-8:00P  
Examination Period        5/3-5/6: 10:00A-4:00P    5/7: 10:00A-2:00P    5/8 & 5/9: Closed

**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>  
Reservation System: IMLeagues (must reserve time slot to attend fitness center. NO WALK INS allowed)

**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. Alumni and Spouses or Partners of faculty, staff and administrators qualify for **summer** membership only.
7. Membership is **not** extended to children or guests.

**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
3. Fitness and Wellness programs
4. Health, Fitness & Nutritional Information
5. Rest Room Facilities