

Westfield State University Ely Fitness Center

HOURS OF OPERATION

Fall 2024

September 4th-December 19th

Service Desk Fitness Area		Aerobic Classes	Swimming Pool
SUN	10:30am-4:30pm	*Classes Begin on 9/9/2024	*Pool Opens 9/9/2024
MON	7:00am-9:30pm		6:30pm-8:30pm
TUE	7:00am-9:30pm	Class Schedule can be found on Instagram or Website	6:30pm-8:30pm
WED	7:00am-9:30pm		6:30pm-8:30pm
THU	7:00am-9:30pm	*Call Fitness Center to sign up for class(s). *Same day sign ups only! *Walk ins welcome, but highly suggest signing up as classes fill quickly.	
FRI	8:00am-5:00pm		
SAT	10:30am-4:30pm		*Open & Lap Swim *No sign ups required

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:

Labor Day: 9/2 & 9/3: 10:00am-8:00pm	9/4: Begins normal hours
Indigenous People Day: 10/12 & 10/13: Closed	10/14: 1:00pm-9:30pm
Veterans Day: 11/11: 7:00am-9:30pm	11/9 & 11/10: 10:30am-2:30pm
Thanksgiving: 11/25 & 11/26: 7:00am-7:00pm	11/27-12/1: Closed
Exam Week Schedule 12/16 - 12/19: TBA	

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](https://www.instagram.com/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