

# Westfield State University Ely Fitness Center

## HOURS OF OPERATION

### *Spring 2025*

### January 20<sup>th</sup>-May 5<sup>th</sup>

Service Desk Fitness Area		Aerobic Classes	Swimming Pool
SUN	10:30am-4:30pm	*Classes Begin 1/21/2025	*Pool Opens 1/21/2025
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		*Open Swim
SAT	10:30am-4:30pm		*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:

Martin Luther King Day 1/19: 10:30am-4:30pm 1/20: 12:00pm-9:30pm  
President's Day 2/15 & 2/16: 10:30am-2:30pm 2/17: 12:00pm-9:30pm  
Spring Break 3/8 & 3/9: Closed 3/10-3/13: 9:30am-4:00pm 3/14: 9:30am-2pm 3/15 & 3/16: Closed  
Patriot's Day 4/19 & 4/20: 10:30am-2:30pm 4/21: 12:00pm-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 Student Accounts.

#### 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