

INDEPENDENT HEALTH FAMILY YMCA
NORTH GYM SCHEDULE
 EFFECTIVE MAY 1, 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym 8:00am- 9:15m	Open Gym 5:00am- 8:30am	Open Gym 5:00am- 8:30am	Open Gym 5:00am- 8:30am	Open Gym 5:00am- 8:30am	Open Gym 5:00am- 8:30am	
	Low Impact Strength & Conditioning 9:00am-9:45am Tara B.	Zumba® 9:00am-9:45am Annette A.	Low Impact Strength & Conditioning 9:00am-9:45am Pam V.	Zumba® 9:00am-9:45am Annette A.	Silver Sneaker® Classic 9:00am-9:45am Pam V.	Silver Sneaker® Classic 9:15am-10:00am Cherish
Pee Wee Champs 9:30am- 10:15am Coach Kat	Silver Sneaker® Classic 10:00am-10:45am Cherish M.	Silver Sneaker® Classic 10:00am-10:45am Annette A.	Silver Sneaker® Yoga 10:00am-10:45am Bonnie P.	Silver Sneaker® Classic 10:00am-10:45am Annette A.	Silver Sneaker® Yoga 10:00am-10:45am Bonnie P.	Silver Sneaker® Yoga 10:15am-11:00am Cherish
	Silver Sneaker® Yoga 11:15am-12:00pm Cherish M.	Healthy Back 11:15am-12:00pm Brian C.	Zumba Gold® 11:15am-12:00pm Jody	Healthy Back 11:15am-12:00pm Brian C.	Low Impact Strength & Conditioning 11:15am-12:00pm Brian C.	Pee Wee Acro 11:30am-12:10pm Coach Kat
Open Gym 10:30am- 4:45pm	Enhance Fitness* 12:15pm- 1:00pm Cherish M.	Open Gym 12:15pm- 6:00pm	Open Gym 12:15pm-9:45pm	Open Gym 12:15pm- 9:45pm	Open Gym 12:15pm-9:45pm	Youth Acro 12:15pm-12:55pm Coach Kat
	Open Gym 1:15pm-9:45pm					
HIIT 6:15pm-7:00pm Tara B.						
Open Gym 7:15pm-9:45pm						

*** = Registration Required**

INDEPENDENT HEALTH FAMILY YMCA
SOUTH GYM SCHEDULE
 EFFECTIVE MAY 1, 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Pickleball 6:00am- 9:00am	Pickleball 6:00am- 9:00am	Pickleball 6:00am- 9:00am	Pickleball 6:00am- 9:00am	Pickleball 6:00am- 9:00am	
Family Open Gym 7:00am-10:30am	Pick-Up Basketball 9:00am-11:00am	Beginner Pickleball 9:00am-11:00am	Pick-Up Basketball 9:00am-11:00am	Beginner Pickleball 9:00am-11:00am	Pick-Up Basketball 9:00am-11:00am	Family Open Gym 7:00am-9:00am
Birthday Parties 10:30am- 1:30pm		Open Gym (1/2) Low Impact Circuit (1/2) Cherish M. 11:15am-12:00pm		Open Gym (1/2) Low Impact Circuit (1/2) Cherish M. 11:15am-12:00pm		Superheroes in Training (ages 8-12) Brandon A. 9:15am-9:45am
	Open Gym 11:00am-1:00pm	Adult Pick Up Basketball 12:00pm-3:00pm	Open Gym 11:00am-1:00pm	Open Gym 11:00am-1:00pm	Open Rockwall (1/2) Open Gym (1/2) 10:00am-10:30am	
	Advanced Pickleball 1:00pm-3:00pm		Pickleball 1:00pm-3:00pm	Adult Pick Up Basketball 12:00pm-3:00pm		Pickleball 1:00pm-3:00pm
Open Gym 1:30pm-4:45pm	SACC 3:00pm-5:00pm	SACC 3:00pm-5:00pm	SACC 3:00pm-5:00pm	SACC 3:00pm-5:00pm	SACC 3:00pm-5:00pm	Open Gym 10:30am – 1:30pm
	Open Gym 5:00pm-5:45pm	Open Gym 5:00pm-9:45pm	Open Gym 5:00pm-5:45pm	Open Gym 5:00pm-9:45pm	Family Programming 5:00pm-7:45pm	Birthday Parties 1:30pm-4:30pm
Youth Basketball Skills & Drills Coach Don 5:45pm-6:30pm	Superheroes in Training (ages 8-12) Brandon A. 6:00pm-6:30pm		Open Gym 5:00pm-9:45pm			
	Open Gym 6:30pm-9:45pm		Open Rockwall (1/2) Open Gym (1/2) 6:45pm-7:15pm			Open Gym 5:00pm-9:45pm
			Open Gym 7:30pm-9:45pm		Open Gym 7:30pm-9:45pm	

Schedule subject to change. For more information, please visit YMCABN.org or call the Independent Health Branch at (716) 276-8300.

INDEPENDENT HEALTH FAMILY YMCA
STUDIO 1 SCHEDULE
 EFFECTIVE MAY 1, 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		BODYPUMP® 5:45am- 6:30am Brett P.		BODYPUMP® 5:45am- 6:30am Brett P.		
	Yoga 7:00am-7:45am Erica B.		Yoga 7:00am-7:45am Paula C.			
	HIIT 8:00am-8:45am Tara B.				Tai Chi 8:00am-8:45am Brian C.	BODYPUMP® 8:00am -8:45am Michelle C.
BODYPUMP® 9:00am-10:00am Brett P.	BODYPUMP® 9:00am-10:00am Kym S.	HIIT 9:00am-9:45am Kayla G.	BODYPUMP® 9:00am-10:00am Kym S.	HIIT 9:00am-9:45am Tara B.	HIIT 9:00am-9:45am Tara B.	Cardio Kickboxing 9:00am-9:45am Michelle C.
Power Yoga 10:15am-11:15am Lexie G.	Core & More 10:15am-11:00am Pam V.	Core & More 10:00am-10:45am Kayla G.	Drums Alive 10:15am-11:00am Jody H.	Core & More 10:00am-10:45am Kayla G.	Drums Alive 10:00am-10:45am Gene G.	BODYPUMP® 10:00am-11:00am Nicole T Yoga 11:15am- 12:15pm Pam/Erica
Zumba® 11:30am-12:15pm Mary Ellen G.	Silver Sneaker® Classic 11:15am-12:00pm Holly Z.		Silver Sneaker® Classic 11:15am-12:00pm Holly Z.		Zumba Gold® 11:15pm-12:00pm Cherish M.	
	Yoga 12:15pm-1:15pm Bonnie P.		Enhance Fitness* 12:15pm- 1:00pm Cherish M.	Yoga 12:15pm-1:15pm Pam	Enhance Fitness* 12:15pm- 1:00pm Cherish M.	
	Fusion 5:00pm-5:45pm Shawniece B.	Pilates 5:00pm-6:00pm Sandy K.	Barre 5:00pm-5:45pm Shawniece B.	Fusion 5:00pm-5:45pm Cathy S.		
	BODYPUMP® 6:15pm-7:00pm Eleanor P.	Yoga 6:15pm-7:00pm Mary Ellen G.	BODYPUMP® 6:15pm-7:15pm Eleanor P.	Low Impact Strength & Conditioning 6:15pm-7:00pm Brian C.		

* = Registration Required

INDEPENDENT HEALTH FAMILY YMCA
CYCLE ROOM/TRX CIRCUIT SCHEDULE
 EFFECTIVE MAY 1, 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Group Cycling 5:45am-6:30am Michelle C.		Group Cycling 6:00am- 6:45am Pam V.		Group Cycling 5:45am-6:30am Michelle C.	
Group Cycling 8:00am-8:45am Abby M.			Group Cycling 9:30am-10:15am Sarah C.		Group Cycling 8:30am-9:15am Alison C.	
	TRX Circuit 11:15am- 11:45am Laura H.	TRX Circuit 10:30am-11:00am Cherish M.	Parkinson's Movement* 11:15am- 12:00pm Laura H.	TRX Circuit 11:15am-11:45am Brandon A.		Low Impact Group Cycling 9:15am-9:45am Pam V.
	Group Cycling 5:00pm-5:45pm Nicole T.			Group Cycling 5:00pm-5:45pm Shawniece B.		Group Cycling 10:15am-11:00am Pam V.
	Teen TRX Circuit (ages 10-15) 5:15pm-5:45pm Brandon A.	Group Cycling 6:15pm-7:00pm Cathy S.	Group Cycling 6:15pm-7:00pm Shawniece B.	Parkinson's Movement* 5:30pm-6:15pm Ed		

All TRX Circuit, Boxing, and Movement classes are located on the right side of the Wellness Floor.

*** = Registration Required**