

INDEPENDENT HEALTH FAMILY YMCA
NORTH GYM SCHEDULE
 EFFECTIVE JULY 31, 2022 – SEPTEMBER 2, 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pick-Up Volleyball 7:00am- 10:00am	Pickleball 6:00am- 8:30am	Pickleball 6:00am- 8:30am	Pickleball 6:00am- 8:30am	Pickleball 6:00am- 8:30am	Pickleball 6:00am- 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.	
Open Gym 10:00am- 4:45pm	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.	Open Gym 7:00am-4:45pm
	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.	
	Pickleball 12:15pm-2:30pm	Pick-Up Basketball 12:15pm-2pm	Pickleball 12:15pm-2:30pm	Pick-Up Basketball 12:15pm-2pm	Pickleball 12:15pm-2:30pm	
		Beginner Pickleball 2:00pm-4:00pm		Beginner Pickleball 2:00pm-4:00pm		
	Open Gym 2:30pm-9:45pm	Open Gym 4:00pm-6:00pm	Open Gym 2:30pm-9:45pm	Open Gym 4:00pm-9:45pm	Open Gym 2:30pm-9:45pm	
		HIIT 6:15pm-7:00pm Tara B.				
		Open Gym 7:15pm-9:45pm				

INDEPENDENT HEALTH FAMILY YMCA
SOUTH GYM SCHEDULE
 EFFECTIVE JULY 31, 2022 – SEPTEMBER 2, 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Open Gym 6:00am- 9:00am	Open Gym 6:00am- 9:00am	Open Gym 6:00am- 9:00am	Open Gym 6:00am- 9:00am	Open Gym 6:00am- 9:00am	
Family Open Gym 7:00am-10:30am	Summer Camp 9:00am-4:45pm	Summer Camp 9:00am-4:45pm	Summer Camp 9:00am-4:45pm	Summer Camp 9:00am-4:45pm	Summer Camp 9:00am-4:45pm	Family Open Gym 7:00am-1:30pm
Birthday Parties 10:30am-1:30pm						
Open Gym 1:30pm-4:45pm	Pee Wee Basketball 4:30pm-5:15pm Coach Ahmad & Coach Erin	Open Gym 5:00pm-9:45pm	Pee Wee T ball 4:30pm-5:15pm Coach Brandon	Open Gym 5:00pm-9:45pm	Family Programming 5:00pm-8:00pm	
	Youth Basketball 5:30pm-6:15pm Coach Ahmad & Coach Erin		Adventure Sport Training 5:45pm-6:45pm Coach Brandon			
	Youth Pickleball 6:30pm-7:15pm Coach Brandon		Open Rockwall (1/2) Open Gym (1/2) 6:45pm-7:15pm			
	Open Gym 7:30pm-9:45pm		Open Gym 7:30pm-9:45pm			Open Gym 8:00pm-9:45pm

INDEPENDENT HEALTH FAMILY YMCA
STUDIO 1 SCHEDULE
 EFFECTIVE JULY 31, 2022 – SEPTEMBER 2, 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.	Strength & Conditioning 8:00am -8:45am Pam V.
BODYPUMP® 9:00am-10:00am Brett P.	BODYPUMP ® 9:00am-10:00am Kym S.	HIIT 9:00am-9:45am Pam V.	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 B.
	Cardio Kickboxing & Core 10:15am-11:00am Laura H.	Core & More 10:00am-10:45am Pam V.	Drums Alive 10:15am-11:00am Jody H.	Core & More 10:00am-10:45am Pam V .	Drums Alive 10:00am-10:45am Gene G.	BODYPUMP ® 10:00am-11:00am Nicole T. Yoga 11:15am- 12:15pm Erica B.
	Silver Sneaker® Classic 11:15am-12:00pm Holly Z.	Low Impact Circuit Cherish M. 11:15am-12:00pm	Silver Sneaker® Classic 11:15am-12:00pm Holly Z.	Low Impact Circuit Cherish M. 11:15am-12:00pm	Zumba Gold ® 11:15am-12:00pm Cherish M.	
	Yoga 12:15pm-1:15pm Bonnie P.				Pilates 12:15pm-1:00pm Annette A.	
	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.		

INDEPENDENT HEALTH FAMILY YMCA
CYCLE ROOM/TRX CIRCUIT SCHEDULE
 EFFECTIVE JULY 31, 2022 – SEPTEMBER 2, 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 9:30am-10:15am Sarah C.		Group Cycling 8:30am-9:15am Alison C.	
	TRX Circuit 11:15am- 11:45am Laura H.		Parkinson's Movement* 11:15am- 12:00pm Laura H.	TRX Circuit 11:15am-11:45am Brandon A.		Group Cycling 9:00am-9:45am Pam V.
	Group Cycling 5:00pm-5:45pm Nicole T.			Group Cycling 5:00pm-5:45pm Shawniece B.		
		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