

INDEPENDENT HEALTH FAMILY YMCA
NORTH GYM SCHEDULE
 EFFECTIVE SEPTEMBER 12, 2022 - OCTOBER 1, 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pick-Up Volleyball 7:00am-10:00am	Open Gym 6:00am-9:00am	Open Gym 6:00am-9:00am	HIIT 5:30am-6:15am Michelle C.	Open Gym 6:00am-9:00am	Open Gym 6:00am-9:00am	
			Open Gym 6:30am-9:00am			
	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 9:00am-9:45am Cherish M.
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 10:00am-4:45pm
	Silver Sneaker® Yoga 11:15am-12:00pm Cherish M.	Healthy Back 11:15am-12:00pm Brian C.	Cardio Dance 11:15am-12:00pm Jody H.	Healthy Back 11:15am-12:00pm Brian C.	Low Impact Strength & Conditioning 11:15am-12:00pm Brian C.	
	Pick-Up Basketball 12:15pm-2:30pm	Pick-Up Basketball 12:15pm-2:30pm	Pick-Up Basketball 12:15pm-2:30pm	Pick-Up Basketball 12:15pm-2:30pm	Pick-Up Basketball 12:15pm-2:30pm	
	Open Gym 2:30pm-4:30pm	Open Gym 2:30pm-6:00pm	Open Gym 2:30pm-4:30pm	Open Gym 2:30pm-9:45pm	Open Gym 2:30pm-9:45pm	
Pee Wee Basketball 4:45pm-5:30pm	Pee Wee Basketball 4:45pm-5:30pm					
	Youth Basketball 5:45pm-6:30pm	HIIT 6:15pm-7:00pm Tara B.	Youth Basketball 5:45pm-6:30pm			
	Open Gym 6:45pm-9:45pm	Open Gym 7:15pm-9:45pm	Open Gym 6:45pm-9:45pm			

INDEPENDENT HEALTH FAMILY YMCA
SOUTH GYM SCHEDULE
 EFFECTIVE SEPTEMBER 12, 2022 - OCTOBER 1, 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Open Gym 7:00am-1:30pm	Pickleball 6:00am-8:30am	Pickleball 6:00am-10:00am	Pickleball 6:00am-8:30am	Pickleball 6:00am-10:00am	Pickleball 6:00am-8:30am	Open Gym 7:00am-1:30pm
	Beginner Pickleball 8:30am-10:30am	Open Gym 10:00am-11:30am	Beginner Pickleball 8:30am-10:30am	Open Gym 10:00am-11:30am		
	Open Gym 10:30am-12:45pm	Sensory Friendly Open Gym 11:30am-12:45pm	Open Gym 10:30am-12:45pm	Sensory Friendly Open Gym 11:30am-12:45pm	Open Gym 8:30am-12:45pm	
Birthday Parties 1:30pm-4:45pm	Pickleball 1:00pm-3:30pm	Beginner Pickleball 1:00pm-3:30pm	Pickleball 1:00pm-3:30pm	Beginner Pickleball 1:00pm-3:30pm	Pickleball 1:00pm-3:30pm	Birthday Parties 1:30pm-4:30pm
	SACC 3:30pm-5:30pm	SACC 3:30pm-5:30pm	SACC 3:30pm-5:30pm	SACC 3:30pm-5:30pm	SACC 3:30pm-5:30pm	
	Jr Cavs 5:30pm-8:00pm	Open Gym 5:30pm-9:45pm	Open Gym 5:30pm-6:15pm	Open Gym 5:30pm-9:45pm	Family Programming 5:00pm-8:00pm	
			Open Rockwall 6:30pm-7:15pm			
	Open Gym 8:00pm-9:45pm		Open Gym 7:30pm-8:15pm			

INDEPENDENT HEALTH FAMILY YMCA
STUDIO 1 SCHEDULE
 EFFECTIVE SEPTEMBER 12, 2022 - OCTOBER 1, 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		BODYPUMP® 5:45am-6:30am Brett P.		BODYPUMP® 5:45am-6:30am Brett P.		
	Pilates 7:00am-7:45am Erica B.	Yoga 7:00am-7:45am Paula C.	Yin Yoga & Meditation 7:00am-7:45am Choon H.	Yoga 7:00am-7:45am Paula C.	Pilates 7:00am-7:45am Erica B.	
	HIIT 8:00am-8:45am Tara B.				BODYPUMP® 8:00am-8:45am Kym S.	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 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 C.
	Strength & Conditioning 10:15am-11:00am Pam V.	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.
	Silver Sneaker® Classic 11:15am-12:00pm Holly Z.	Low Impact Circuit 11:15am-12:00pm Cherish M.	Silver Sneaker® Classic 11:15am-12:00pm Holly Z.	Low Impact Circuit 11:15am-12:00pm Cherish M.	Zumba Gold® 11:15am-12:00pm Annette A.	Yoga 11:15am-12:15pm Erica B.
	Yoga & Meditation 12:15pm-1:30pm Bonnie P.					
	Fusion 5:00pm-5:45pm Shawniece B.	Pilates 5:00pm-6:00pm Sandy K.	Barre 5:00pm-5:45pm Shawniece B.	Parkinson's Movement* 5:15pm-6:00pm Ed H.		
	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
STUDIO 2 SCHEDULE
 EFFECTIVE SEPTEMBER 12, 2022 - OCTOBER 1, 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Tai Chi 8:00am-8:45am Brian C.	
Zumba 9:30am-10:15am Mary Ellen G.	Cardio Interval 9:00am-9:45pm Cherish M.	Low Impact Strength & Conditioning 9:00am-9:45am Cherish M.	Pilates 9:00am-9:45am Erica B.	Low Impact Strength & Conditioning 9:00am-9:45am Cherish M.	Yin Yoga 9:00am-9:45am Erica B.	Yoga 9:00am-10:15am Nadya M.
					Meditation 9:45am-10:15am Erica B.	
	Cardio Kickboxing & Core 10:15am-11:00am Laura H.	BODYCOMBAT ® 10:00am-10:45am Michelle B.		BODYCOMBAT ® 10:00am-10:45am Michelle B.		Zumba ® 10:30am-11:15am Cherish M.
	Low Impact Circuit 11:15am-12:00pm Laura H.					
	Youth Karate 5:00pm-5:45pm Sensai Al					
	Balanced Boxing 6:00pm-6:45pm Sensai Al					
			Parkinson's Movement* 11:15am-12:00pm Laura H.		Pilates 12:15pm-1:00pm Annette A.	
				Fusion 5:30pm-6:15pm Cathy S.		
				Yoga 6:30pm-7:30pm Nadya M.		

INDEPENDENT HEALTH FAMILY YMCA
CYCLE ROOM/TRX CIRCUIT SCHEDULE
 EFFECTIVE SEPTEMBER 12, 2022 - OCTOBER 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.	Low Impact Group Cycling 9:30am-10:00am Pam V.		Group Cycling 9:30am-10:15am Sarah C.		Group Cycling 8:30am-9:15am Alison C.	
		TRX Circuit 11:15am-11:45am Brandon A.		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.			

**All TRX Circuit classes are located
 on the right side of the Wellness Floor.**