

INDEPENDENT HEALTH FAMILY YMCA  
**NORTH GYM SCHEDULE**  
 EFFECTIVE OCTOBER 30, 2022 – DECEMBER 17, 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Pick-Up Volleyball</b> 7:00am-10:00am	<b>Open Gym</b> 6:00am-9:00am	<b>Open Gym</b> 6:00am-9:00am	<b>HIIT</b> 5:30am-6:15am Michelle C.	<b>Open Gym</b> 6:00am-9:00am	<b>Open Gym</b> 6:00am-9:00am	
			<b>Open Gym</b> 6:30am-9:00am			
	<b>Low Impact Strength &amp; Conditioning</b> 9:00am-9:45am Tara B.	<b>Zumba®</b> 9:00am-9:45am Annette A.	<b>Low Impact Strength &amp; Conditioning</b> 9:00am-9:45am Pam V.	<b>Zumba®</b> 9:00am-9:45am Annette A.	<b>Silver Sneaker® Classic</b> 9:00am-9:45am Pam V.	<b>Silver Sneaker® Classic</b> 9:00am-9:45am Cherish M.
<b>Adult (18+) Pick Up Basketball</b> 10:00am-12:30pm	<b>Silver Sneaker® Classic</b> 10:00am-10:45am Cherish M.	<b>Silver Sneaker® Classic</b> 10:00am-10:45am Annette A.	<b>Silver Sneaker® Yoga</b> 10:00am-10:45am Bonnie P.	<b>Silver Sneaker® Classic</b> 10:00am-10:45am Annette A.	<b>Silver Sneaker® Yoga</b> 10:00am-10:45am Bonnie P.	<b>Jr Cavs Games</b> 10:00am-1:30pm
	<b>Silver Sneaker® Yoga</b> 11:15am-12:00pm Cherish M.	<b>Healthy Back</b> 11:15am-12:00pm Brian C.	<b>Cardio Dance</b> 11:15am-12:00pm Jody H.	<b>Healthy Back</b> 11:15am-12:00pm Brian C.	<b>Low Impact Strength &amp; Conditioning</b> 11:15am-12:00pm Brian C.	
<b>Open Gym</b> 12:30pm-4:45pm	<b>Pick-Up Basketball</b> 12:15pm-2:30pm	<b>Pick-Up Basketball</b> 12:15pm-2:30pm	<b>Pick-Up Basketball</b> 12:15pm-2:30pm	<b>Pick-Up Basketball</b> 12:15pm-2:30pm	<b>Pick-Up Basketball</b> 12:15pm-2:30pm	<b>Open Gym</b> 1:30pm-4:45pm
	<b>Open Gym</b> 2:30pm-4:30pm	<b>Open Gym</b> 2:30pm-6:00pm	<b>Open Gym</b> 2:30pm-5:15pm		<b>Open Gym</b> 2:30pm-5:15pm	
	<b>Pee Wee Basketball</b> 4:30pm-5:15pm					<b>HIIT</b> 6:15pm-7:00pm Tara B.
	<b>Youth Basketball</b> 5:30pm-6:30pm					
	<b>Open Gym</b> 6:30pm-9:45pm	<b>Open Gym</b> 7:15pm-9:45pm	<b>Open Gym</b> 7:15pm-9:45pm		<b>Open Gym</b> 7:15pm-9:45pm	

INDEPENDENT HEALTH FAMILY YMCA

**SOUTH GYM SCHEDULE**

EFFECTIVE OCTOBER 30, 2022 – DECEMBER 17, 2022

\*SOUTH GYM WILL BE CLOSED FOR TURKEY TROT PACKET PICKUP 11/20-11/24/22\*\*



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Family Open Gym</b> 7:00am-1:30pm	<b>Pickleball</b> 6:00am-8:30am	<b>Pickleball</b> 6:00am-10:00am	<b>Pickleball</b> 6:00am-8:30am	<b>Pickleball</b> 6:00am-10:00am	<b>Pickleball</b> 6:00am-8:30am	<b>Jr Cavs Games</b> 7:30am-1:30pm
	<b>Beginner Pickleball</b> 8:30am-10:30am	<b>Open Gym</b> 10:00am-11:30am	<b>Beginner Pickleball</b> 8:30am-10:30am	<b>Open Gym</b> 10:00am-11:30am	<b>Homeschool Physical Education</b> 8:30am-12:45pm	
	<b>Open Gym</b> 10:30am-12:45pm	<b>Sensory Friendly Open Gym</b> 11:30am-12:45pm	<b>Open Gym</b> 10:30am-12:45pm	<b>Sensory Friendly Open Gym</b> 11:30am-12:45pm		
<b>Birthday Parties</b> 1:30pm-4:45pm	<b>Pickleball</b> 1:00pm-3:30pm	<b>Beginner Pickleball</b> 1:00pm-3:30pm	<b>Pickleball</b> 1:00pm-3:30pm	<b>Beginner Pickleball</b> 1:00pm-3:30pm	<b>Pickleball</b> 1:00pm-3:30pm	<b>Birthday Parties</b> 1:30pm-4:30pm
	<b>SACC</b> 3:30pm-5:15pm	<b>SACC</b> 3:30pm-5:15pm	<b>SACC</b> 3:30pm-4:15pm	<b>SACC</b> 3:30pm-5:15pm	<b>SACC</b> 3:30pm-5:15pm	
	<b>Jr Cavs Practices</b> 5:15pm-8:15pm	<b>Jr Cavs Practices</b> 5:15pm-8:15pm	<b>Pee Wee Soccer</b> 4:30pm-5:15pm	<b>Jr Cavs Practices</b> 5:15pm-7:15pm	<b>Family Programming</b> 5:15pm-8:15pm	
			<b>Youth Soccer</b> 5:30pm-6:15pm			
			<b>Open Rockwall</b> 6:30pm-7:15pm	<b>Open Gym</b> 7:15pm-9:45pm		
<b>Open Gym</b> 8:15pm-9:45pm	<b>Open Gym</b> 8:15pm-9:45pm					
		<b>Open Gym</b> 8:15pm-9:45pm	<b>Adult (40+) Pick Up Basketball</b> 7:15pm-9:45pm		<b>Open Gym</b> 8:15pm-9:45pm	

INDEPENDENT HEALTH FAMILY YMCA  
**STUDIO 1 SCHEDULE**  
 EFFECTIVE OCTOBER 30, 2022 – DECEMBER 17, 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>BODYPUMP®</b> 5:30am-6:15am Brett P.		<b>BODYPUMP®</b> 5:30am-6:15am Brett P.		
	<b>Pilates</b> 7:00am-7:45am Erica B.		<b>Yin Yoga &amp; Meditation</b> 7:00am-7:45am Choon H.		<b>Pilates</b> 7:00am-7:45am Erica B.	
	<b>HIIT</b> 8:00am-8:45am Tara B.				<b>BODYPUMP®</b> 8:00am-8:45am Kym S.	<b>BODYPUMP®</b> 8:00am-8:45am Michelle C.
<b>BODYPUMP®</b> 9:00am-10:00am Brett P.	<b>BODYPUMP®</b> 9:00am-10:00am Kym S.	<b>HIIT</b> 9:00am-9:45am Pam V.	<b>BODYPUMP®</b> 9:00am-10:00am Kym S.	<b>HIIT</b> 9:00am-9:45am Tara B.	<b>HIIT</b> 9:00am-9:45am Tara B.	<b>Cardio Kickboxing</b> 9:00am-9:45am Michelle C.
	<b>Strength &amp; Conditioning</b> 10:15am-11:00am Pam V.	<b>Core &amp; More</b> 10:00am-10:45am Pam V.	<b>Drums Alive</b> 10:15am-11:00am Jody H.	<b>Core &amp; More</b> 10:00am-10:45am Pam V.	<b>Drums Alive</b> 10:00am-10:45am Gene G.	<b>BODYPUMP®</b> 10:00am-11:00am Nicole T.
	<b>Silver Sneaker® Classic</b> 11:15am-12:00pm Holly Z.	<b>Low Impact Circuit</b> 11:15am-12:00pm Cherish M.	<b>Silver Sneaker® Classic</b> 11:15am-12:00pm Holly Z.	<b>Low Impact Circuit</b> 11:15am-12:00pm Cherish M.	<b>Zumba Gold®</b> 11:15am-12:00pm Annette A.	<b>Yoga</b> 11:15am-12:15pm Erica B.
	<b>Yoga &amp; Meditation</b> 12:15pm-1:30pm Bonnie P.					
	<b>Fusion</b> 5:00pm-5:45pm Shawniece B.	<b>Pilates</b> 5:00pm-6:00pm Sandy K.	<b>Barre</b> 5:00pm-5:45pm Shawniece B.			
	<b>BODYPUMP®</b> 6:15pm-7:00pm Eleanor P.	<b>Yoga</b> 6:15pm-7:00pm Mary Ellen G.	<b>BODYPUMP®</b> 6:15pm-7:15pm Eleanor P.	<b>Low Impact Strength &amp; Conditioning</b> 6:15pm-7:00pm Brian C.		

INDEPENDENT HEALTH FAMILY YMCA  
**STUDIO 2 SCHEDULE**  
 EFFECTIVE OCTOBER 30, 2022 – DECEMBER 17, 2022



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

INDEPENDENT HEALTH FAMILY YMCA  
**CYCLE ROOM/TRX CIRCUIT SCHEDULE**  
 EFFECTIVE OCTOBER 30, 2022 – DECEMBER 17, 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Group Cycling</b> 5:45am-6:30am Michelle C.		<b>Group Cycling</b> 6:00am-6:45am Pam V.		<b>Group Cycling</b> 5:45am-6:30am Michelle C.	
<b>Group Cycling</b> 8:00am-8:45am Abby M.	<b>Low Impact Group Cycling</b> 9:30am-10:00am Pam V.		<b>Group Cycling</b> 9:30am-10:15am Sarah C.		<b>Group Cycling</b> 9:30am-10:15am Alison C.	
<b>90-minute Endurance Cycling</b> 9:00am-10:30am Michelle C.						
		<b>TRX Circuit</b> 11:15am-11:45am Brandon A.		<b>TRX Circuit</b> 11:15am-11:45am Brandon A.		<b>Group Cycling</b> 9:00am-9:45am Ryan A.
	<b>Group Cycling</b> 5:00pm-5:45pm Nicole T.			<b>Group Cycling</b> 5:00pm-5:45pm Shawniece B.		<b>Low Impact Group Cycling</b> 10:15am-10:45am Ryan A.
		<b>Group Cycling</b> 6:15pm-7:00pm Cathy S.	<b>Group Cycling</b> 6:15pm-7:00pm Shawniece B.			

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