

GROUP EXERCISE – MAIN GYM

NOVEMBER 1ST - NOVEMBER 30TH 2022



*YMCA Buffalo Niagara will be CLOSED on Nov. 24th in observance of Thanksgiving

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Fusion 5:30 – 6:15 am Karen		Fusion 5:30 – 6:15 am Karen		Fusion 5:30 – 6:15 am Karen	
	Low Impact Circuit 8:15 – 9:00 am Kathy	SilverSneakers® Circuit 8:15 – 9:00 am Marla	Low Impact Circuit 8:15 – 9:00 am Kathy	SilverSneakers® Circuit 8:15 – 9:00 am Marla	Low Impact Circuit 8:15 – 9:00 am Kathy	
	SilverSneakers® Classic 9:30-10:15 am Brandon	SilverSneakers® Classic 9:30 – 10:15 am Marla	Strength & Conditioning 9:30 – 10:15 am Kathy	SilverSneakers® Classic 9:30 – 10:15 am Marla	SilverSneakers® Classic 9:30 – 10:15 am Brandon	
	Zumba® 10:30 – 11:15 am Sara		Zumba® 10:30 – 11:15 am Sara		Cardio Dance 10:30 – 11:15 am Melissa	
	Zumba® Gold 11:30 – 12:15 pm Sara		Zumba® Gold 11:30 – 12:15 pm Sara		Zumba® Gold 11:30 – 12:15 pm Brandon	
Zumba® 12:30 – 1:15 pm Sara B.		SilverSneakers® Classic 1:00 – 1:45 pm Emily-Rose		SilverSneakers® Classic 1:00 – 1:45 pm Emily-Rose		

GROUP EXERCISE – AUXILIARY GYM

NOVEMBER 1ST – NOVEMBER 30TH 2022



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Cycle & Circuit 5:30 – 6:15 am Karen				
						HIIT 8:15 – 9:00 am Sara V.
	Strength & Conditioning 9:30 – 10:15 am Jilyana	Interval Training 9:30 – 10:15 am Kathy		Interval Training 9:30 – 10:15 am Kathy	Strength & Conditioning 9:30 – 10:15 am Jilyana	Cycling 9:30 – 10:30 am Sara V.
	Pedaling for Wellness 10:30 – 11:15 am Sue	Yoga 10:30 – 11:30 am Sue		Yoga 10:30 – 11:30 am Sue	Cycling 10:30am – 11:15 am Cristina M.	
		Zumba® 12:00 – 12:45 pm Melissa	Low Impact Strength & Conditioning 11:30 – 12:15 pm Melissa T. *in studio 11/2	Zumba® 12:00 – 12:45 pm Melissa	Low Impact Strength & Conditioning 11:30 – 12:15 pm Melissa T.	
		Cycling 4:30 – 5:15 pm Sara V.	Cycle & Circuit 4:30 – 5:30 pm Sara V.	Cycling 4:30 – 5:30 pm Sara V.		
	HIIT 5:15 – 6:00 pm Renaë	Balanced Boxing 5:30 – 6:30 pm Jim W.	Core & More 5:45 – 6:30 pm Renaë	HIIT 5:45 – 6:30 pm Renaë		
	Cycling 6:15 – 7:00 pm Abby	Boxing Fitness 6:30 – 7:30 pm Jim W.	BODYPUMP™ Express 6:45 – 7:30 pm Cristina M.			
	BODYPUMP™ 7:15 – 8:15 pm Sara V.					

SOUTHTOWNS FAMILY YMCA

GROUP EXERCISE – STUDIO

NOVEMBER 1ST – NOVEMBER 30TH 2022



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BODYPUMP™ 9:00 – 10:00 am Renaë	Cardio Kickboxing 9:00 – 10:00 am Jess	BODYPUMP™ Express 9:15 – 10:00 am Melissa M.	Cardio Kickboxing 9:00 – 10:00 am Jess	BODYPUMP™ Express 9:15 – 10:00 am Melissa M.	Cardio Kickboxing 9:00 – 10:00 am Jess	Fusion 8:45 – 9:45 am Kim
Healthy Back 10:15 – 11:00 am Joy						Cardio Kickboxing 10:00 – 11:00 am Jess
Yoga 11:15 – 12:15 pm Joy			*LI S&C in studio 11/2 ONLY 11:30-12:15pm			Yoga 11:15 – 12:15 pm Adrianna
		SilverSneakers® Yoga 12:00 – 12:45 pm Sue	BARRE 12:30 – 1:15 pm Melissa T.	SilverSneakers® Yoga 12:00 – 12:45 pm Sue	BARRE 12:30 – 1:15 pm Melissa T.	
					Step Aerobics 4:30 – 5:30 pm Kim	
	Cardio Kickboxing 5:45 – 6:45pm Jess	Strength & Conditioning 6:00 – 6:45 pm Lisa	BARRE 5:45 – 6:30 pm Melissa/Sara B.	Strength & Conditioning 6:00 – 6:45 pm Lisa		
	Zumba® 7:00 – 7:45 pm Sara B.	Core & More 7:00 – 7:45 pm Lisa	Zumba® 6:45 – 7:30 pm Sara B.	Core & More 7:00 – 7:45 pm Lisa		
	Yoga 8:00 – 8:45 pm Chris B.	Yoga 8:00 – 8:45 pm Adrianna	Yoga 7:45 – 8:45 pm Alaina	Yoga 8:00 – 8:45 pm Adrianna		