

INDEPENDENT HEALTH FAMILY YMCA
NORTH GYM SCHEDULE
 EFFECTIVE DECEMBER 19 – JANUARY 1, 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
CLOSED for Christmas 12/25/22	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	**This is for 12/31 only. There are NO Group Exercise classes on 12/24/22**			
			Open Gym 6:30am-9:00am						
1/1/23 Open Gym 10:00am- 1:45pm	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.			
	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.	12/24 Open Gym 7:00am- 11:45am			
	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	Pick-Up Basketball 12:15pm-2:30pm	12/31 Open Gym 10:00am- 2:45pm			
							Open Gym 2:30pm-6:00pm	Open Gym 2:30pm-9:45pm	Open Gym 2:30pm-9:45pm
							HIIT 6:15pm-7:00pm Tara B.		
Open Gym 2:30pm-9:45pm	Open Gym 2:30pm-9:45pm	Open Gym 7:15pm-9:45pm	Open Gym 2:30pm-9:45pm	Open Gym 2:30pm-9:45pm	Open Gym 2:30pm-9:45pm				

INDEPENDENT HEALTH FAMILY YMCA
SOUTH GYM SCHEDULE
 EFFECTIVE DECEMBER 19 – JANUARY 1, 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED for Christmas 12/25/22	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	
	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 10:00am-11:30am	
1/1/23 Family Open Gym 10:00am- 1:45pm	Open Gym 10:30am-12:45pm	SACC 11:30am-12:45pm	Open Gym 10:30am-12:45pm	SACC 11:30am-12:45pm	SACC 11:30am-12:45pm	12/24 Family Open Gym 7:00am- 11:45am 12/31 Family Open Gym 10:00am- 2:45pm
	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	
	SACC 3:30pm-5:15pm	SACC 3:30pm-5:15pm	SACC 3:30pm-5:15pm	SACC 3:30pm-5:15pm	SACC 3:30pm-5:15pm	
	Open Gym 5:30pm-9:45pm	Open Gym 5:30pm-9:45pm	Open Gym 5:30pm-7:00pm	Open Gym 5:30pm-9:45pm	Family Programming 5:15pm-8:15pm	
			Adult (40+) Pick Up Basketball 7:15pm-9:45pm		Open Gym 8:15pm-9:45pm	

INDEPENDENT HEALTH FAMILY YMCA
STUDIO 1 SCHEDULE
 EFFECTIVE DECEMBER 19 – JANUARY 1, 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED for Christmas 12/25/22		BODYPUMP® 5:30am-6:15am Brett P.		BODYPUMP® 5:30am-6:15am Brett P.		**This is for 12/31 only. There are NO Group Exercise classes on 12/24/22**
	12/19 ONLY Pilates 7:00am-7:45am Erica B.		Yin Yoga & Meditation 7:00am-7:45am Choon H.		Pilates 7:00am-7:45am Erica B.	
1/1/23 BODYPUMP® 10:30am- 11:30am Brett P.	12/19 ONLY 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 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.
1/1/23 Core & More 12:00pm- 12:30pm 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.
						Yoga 11:15am-12:15pm Erica B.
	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 & 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.			
	BODYPUMP® 6:15pm-7:00pm Nicole T.	Yoga 6:15pm-7:00pm Mary Ellen G.	BODYPUMP® 6:15pm-7:15pm Nicole T.	Low Impact Strength & Conditioning 6:15pm-7:00pm Brian C.		

INDEPENDENT HEALTH FAMILY YMCA
STUDIO 2 SCHEDULE
 EFFECTIVE DECEMBER 19 – JANUARY 1, 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED for Christmas 12/25/22		Yoga 7:00am-7:45am Paula C.		Yoga 7:00am-7:45am Paula C.		**This is for 12/31 only. There are NO Group Exercise classes on 12/24/22**
					Tai Chi 8:00am-8:45am Brian C.	
1/1/23 Zumba ® 10:45am-11:30am Mary Ellen G.	Cardio Interval 9:15am-9:45pm Cherish M.	Low Impact Strength & Conditioning 9:15am-9:45am Cherish M.	Pilates 9:00am-9:45am Erica B.	Low Impact Strength & Conditioning 9:15am-9:45am Cherish M.	Yin Yoga 9:00am-9:45am Erica B.	Power Yoga 9:00am-10:15am Nadya M.
	Cardio Kickboxing & Core 10:15am-11:00am Laura H.	BODYCOMBAT ® 10:00am-10:45am Michelle B.		BODYCOMBAT ® 10:00am-10:45am Michelle B.	Meditation 9:45am-10:15am Erica B.	
1/1/23 Yoga 11:45am-12:45pm Mary Ellen G.	Low Impact Circuit 11:15am-12:00pm Laura H.		Parkinson's Movement 11:15am-12:00pm Laura H.		Pilates 12:15pm-1:00pm Annette A.	
				Fusion 5:30pm-6:15pm Cathy S.		
				Power Yoga 6:30pm-7:30pm Nadya M.		

INDEPENDENT HEALTH FAMILY YMCA
CYCLE ROOM/TRX CIRCUIT SCHEDULE
 EFFECTIVE DECEMBER 19 – JANUARY 1, 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED for Christmas 12/25/22	12/19 ONLY Group Cycling 5:45am-6:30am Michelle C.		Group Cycling 6:00am-6:45am Pam V.		Group Cycling 5:45am-6:30am Michelle C.	**This is for 12/31 only. There are NO Group Exercise classes on 12/24/22**
1/1/23 Group Cycling 11:00am- 11:45am Michelle C.	Low Impact Group Cycling 9:30am-10:00am Pam V.		Group Cycling 9:30am-10:15am Sarah C.		Group Cycling 9:30am-10:15am Alison C.	Group Cycling 9:00am-9:45am Ryan A.
		TRX Circuit 11:15am-11:45am Brandon A.		TRX Circuit 11:15am-11:45am Brandon A.		Low Impact Group Cycling 10:15am-10:45am Ryan A.
	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.**