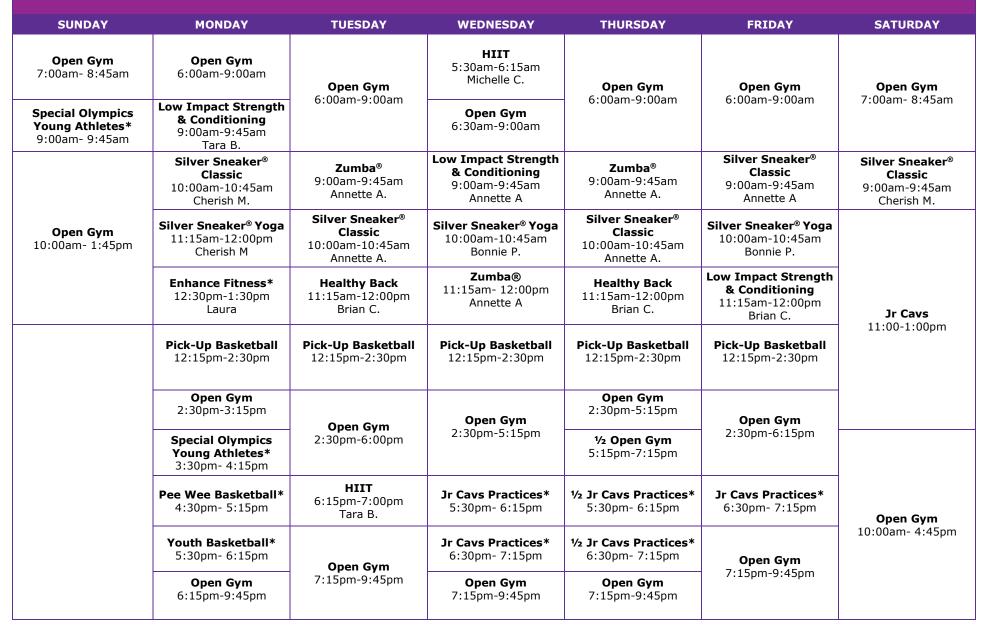
INDEPENDENT HEALTH FAMILY YMCA NORTH GYM SCHEDULE

EFFECTIVE JAN 29, 2023 - FEB 26, 2023



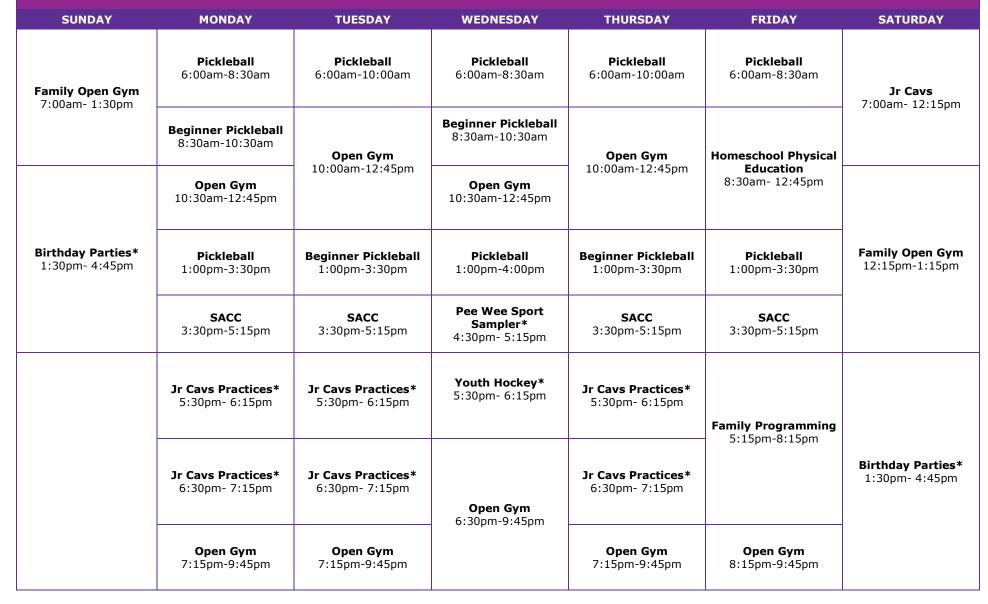
*= Requires registration.

Schedule subject to change. For more information, please visit YMCABN.org or call the Independent Health Branch at (716) 276-8300.



INDEPENDENT HEALTH FAMILY YMCA **SOUTH GYM SCHEDULE**

EFFECTIVE JAN 29, 2023 - FEB 26, 2023

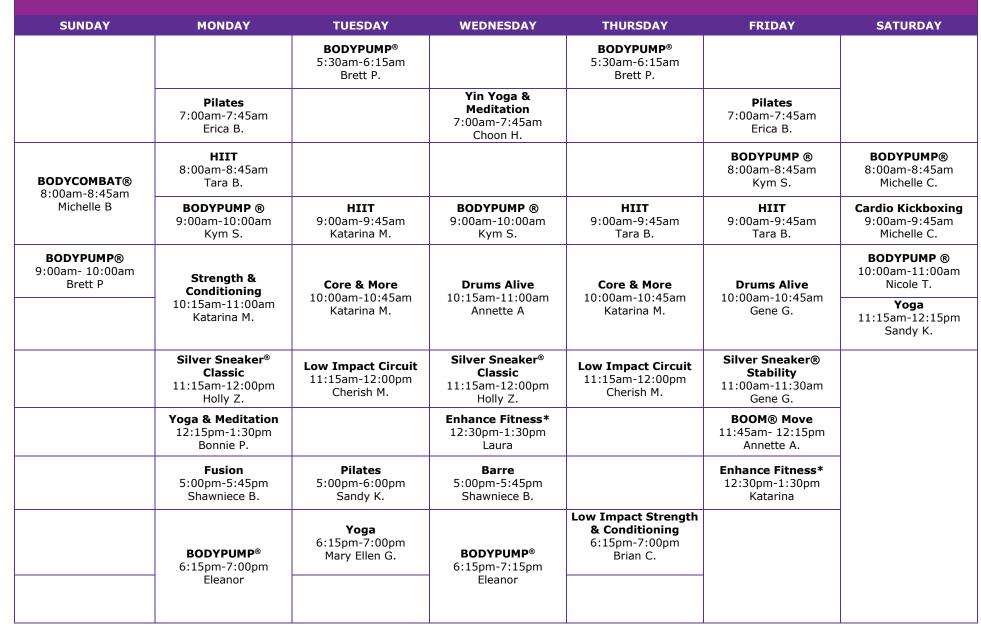


*= Requires registration.



INDEPENDENT HEALTH FAMILY YMCA STUDIO 1 SCHEDULE

EFFECTIVE JAN 29, 2023 - FEB 26, 2023



*= Requires registration.

Schedule subject to change. For more information, please visit YMCABN.org or call the Independent Health Branch at (716) 276-8300.



INDEPENDENT HEALTH FAMILY YMCA STUDIO 2 SCHEDULE

EFFECTIVE JAN 29, 2023 - FEB 26, 2023

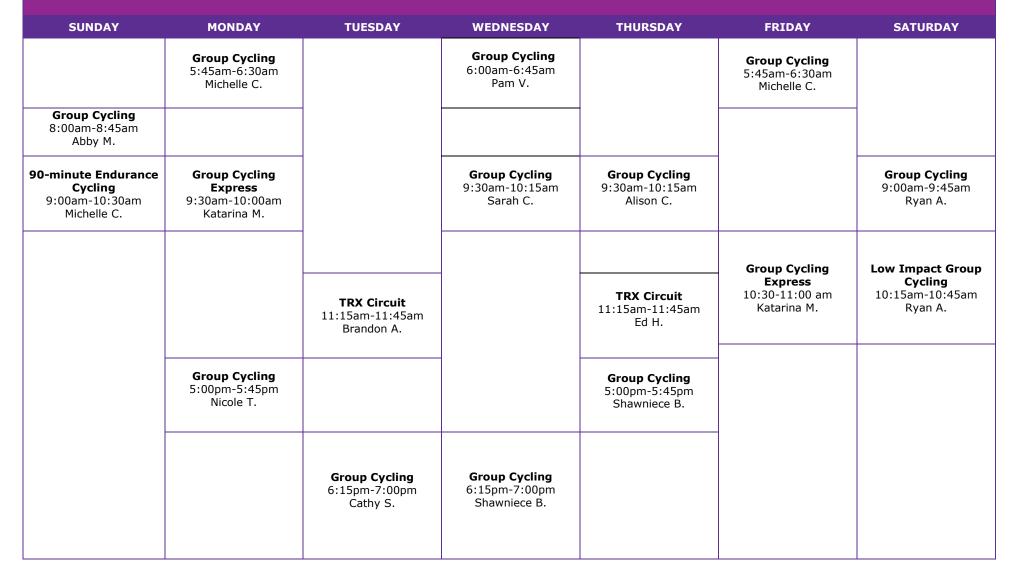
the

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Yoga 7:00am-7:45am Paula C.		Yoga 7:00am-7:45am Paula C.		
					Tai Chi 8:00am-8:45am Brian C.	
	Cardio Interval	Low Impact Strength & Conditioning	Pilates	Low Impact Strength & Conditioning	Yin Yoga 9:00am-9:45am Erica B.	Power Yoga
Zumba 9:30am-10:15am Mary Ellen G.	9:15am-9:45pm Cherish M.	9:15am-9:45am Cherish M.	9:00am-9:45am Erica B.	9:15am-9:45am Cherish M.	Meditation	9:00am-10:15am Nadya M.
	Cardio Kickboxing & Core 10:15am-11:00am Laura H.	BODYCOMBAT ® 10:00am-10:45am Michelle B.	Silver Sneaker® Stability 10:30am-11:00am Laura H.	BODYCOMBAT ® 10:00am-10:45am Michelle B.	9:45am-10:15am Erica B.	Zumba ® 10:30am-11:15am Cherish M.
Pee Wee Dancers* 10:30am- 11:15am Ms. Cherish & Ms. Kat	Low Impact Circuit 11:15am-12:00pm Laura H.	Parkinson's Movement 11:15am-12:00pm Ed H.	Parkinson's Movement 11:15am-12:00pm Laura H.		BODYCOMBAT ® 11:15am-12:00pm Katarina	
		-	Cardio Step	_	Pilates 12:30pm-1:15pm Annette A.	
	Balanced Boxing* 6:00pm- 6:45pm Sensai Al		5:15pm-6:00pm Katarina Starts Feb 8 th	Fusion 5:30pm-6:15pm Cathy S.		
	Yoga 7:00pm-8:00pm Lexi Starts Feb 20th		Tai Chi 6:15pm-7:00pm Brian C.	Power Yoga 6:30pm-7:30pm Nadya M.		

*= Requires registration.

INDEPENDENT HEALTH FAMILY YMCA CYCLE ROOM/TRX CIRCUIT SCHEDULE

EFFECTIVE JAN 29, 2023 - FEB 26, 2023



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

Schedule subject to change. For more information, please visit YMCABN.org or call the Independent Health Branch at (716) 276-8300.

