

INDEPENDENT HEALTH FAMILY YMCA
NORTH GYM SCHEDULE
 EFFECTIVE JAN 29, 2023 – FEB 26, 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym 7:00am- 8:45am	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 7:00am- 8:45am
Special Olympics Young Athletes* 9:00am- 9:45am	Low Impact Strength & Conditioning 9:00am-9:45am Tara B.		Open Gym 6:30am-9:00am			
Open Gym 10:00am- 1:45pm	Silver Sneaker® Classic 10:00am-10:45am Cherish M.	Zumba® 9:00am-9:45am Annette A.	Low Impact Strength & Conditioning 9:00am-9:45am Annette A	Zumba® 9:00am-9:45am Annette A.	Silver Sneaker® Classic 9:00am-9:45am Annette A	Silver Sneaker® Classic 9:00am-9:45am Cherish M.
	Silver Sneaker® Yoga 11:15am-12:00pm 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.	Jr Cavs 11:00-1:00pm
	Enhance Fitness* 12:30pm-1:30pm Laura	Healthy Back 11:15am-12:00pm Brian C.	Zumba® 11:15am- 12:00pm Annette A	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	
Open Gym 2:30pm-3:15pm	Open Gym 2:30pm-6:00pm	Open Gym 2:30pm-5:15pm	Open Gym 2:30pm-5:15pm	Open Gym 2:30pm-5:15pm	Open Gym 2:30pm-6:15pm	Open Gym 10:00am- 4:45pm
Special Olympics Young Athletes* 3:30pm- 4:15pm				½ Open Gym 5:15pm-7:15pm		
Pee Wee Basketball* 4:30pm- 5:15pm	HIIT 6:15pm-7:00pm Tara B.	Jr Cavs Practices* 5:30pm- 6:15pm	½ Jr Cavs Practices* 5:30pm- 6:15pm	Jr Cavs Practices* 6:30pm- 7:15pm		
Youth Basketball* 5:30pm- 6:15pm	Open Gym 7:15pm-9:45pm	Jr Cavs Practices* 6:30pm- 7:15pm	½ Jr Cavs Practices* 6:30pm- 7:15pm	Open Gym 7:15pm-9:45pm		
Open Gym 6:15pm-9:45pm		Open Gym 7:15pm-9:45pm	Open Gym 7:15pm-9:45pm			

*= 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



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	Jr Cavs 7:00am- 12:15pm
	Beginner Pickleball 8:30am-10:30am	Open Gym 10:00am-12:45pm	Beginner Pickleball 8:30am-10:30am	Open Gym 10:00am-12:45pm	Homeschool Physical Education 8:30am- 12:45pm	
Birthday Parties* 1:30pm- 4:45pm	Open Gym 10:30am-12:45pm		Open Gym 10:30am-12:45pm			Family Open Gym 12:15pm-1:15pm
	Pickleball 1:00pm-3:30pm	Beginner Pickleball 1:00pm-3:30pm	Pickleball 1:00pm-4:00pm	Beginner Pickleball 1:00pm-3:30pm	Pickleball 1:00pm-3:30pm	
	SACC 3:30pm-5:15pm	SACC 3:30pm-5:15pm	Pee Wee Sport Sampler* 4:30pm- 5:15pm	SACC 3:30pm-5:15pm	SACC 3:30pm-5:15pm	
	Jr Cavs Practices* 5:30pm- 6:15pm	Jr Cavs Practices* 5:30pm- 6:15pm	Youth Hockey* 5:30pm- 6:15pm	Jr Cavs Practices* 5:30pm- 6:15pm	Family Programming 5:15pm-8:15pm	Birthday Parties* 1:30pm- 4:45pm
	Jr Cavs Practices* 6:30pm- 7:15pm	Jr Cavs Practices* 6:30pm- 7:15pm	Open Gym 6:30pm-9:45pm	Jr Cavs Practices* 6:30pm- 7:15pm		
	Open Gym 7:15pm-9:45pm	Open Gym 7:15pm-9:45pm		Open Gym 7:15pm-9:45pm		

*= 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 1 SCHEDULE
 EFFECTIVE JAN 29, 2023 – FEB 26, 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		BODYPUMP® 5:30am-6:15am Brett P.		BODYPUMP® 5:30am-6:15am Brett P.		
	Pilates 7:00am-7:45am Erica B.		Yin Yoga & Meditation 7:00am-7:45am Choon H.		Pilates 7:00am-7:45am Erica B.	
BODYCOMBAT® 8:00am-8:45am Michelle 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 Kym S.	HIIT 9:00am-9:45am Katarina M.	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.
BODYPUMP® 9:00am- 10:00am Brett P	Strength & Conditioning 10:15am-11:00am Katarina M.	Core & More 10:00am-10:45am Katarina M.	Drums Alive 10:15am-11:00am Annette A	Core & More 10:00am-10:45am Katarina M.	Drums Alive 10:00am-10:45am Gene G.	BODYPUMP® 10:00am-11:00am Nicole T.
						Yoga 11:15am-12:15pm Sandy K.
	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.	Silver Sneaker® Stability 11:00am-11:30am Gene G.	
	Yoga & Meditation 12:15pm-1:30pm Bonnie P.		Enhance Fitness* 12:30pm-1:30pm Laura		BOOM® Move 11:45am- 12:15pm Annette A.	
	Fusion 5:00pm-5:45pm Shawniece B.	Pilates 5:00pm-6:00pm Sandy K.	Barre 5:00pm-5:45pm Shawniece B.		Enhance Fitness* 12:30pm-1:30pm Katarina	
	BODYPUMP® 6:15pm-7:00pm Eleanor	Yoga 6:15pm-7:00pm Mary Ellen G.	BODYPUMP® 6:15pm-7:15pm Eleanor	Low Impact Strength & Conditioning 6:15pm-7:00pm Brian C.		

*= 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



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 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.
Zumba 9:30am-10:15am Mary Ellen G.	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.	Meditation 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	
					Pilates 12:30pm-1:15pm Annette A.	
	Balanced Boxing* 6:00pm- 6:45pm Sensai Al		Cardio Step 5:15pm-6:00pm Katarina Starts Feb 8th	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



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.						
90-minute Endurance Cycling 9:00am-10:30am Michelle C.	Group Cycling Express 9:30am-10:00am Katarina M.		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 Ed H.	Group Cycling Express 10:30-11:00 am Katarina M.	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.**