INDEPENDENT HEALTH FAMILY YMCA NORTH GYM SCHEDULE

EFFECTIVE JAN 29, 2023 - FEB 26, 2023

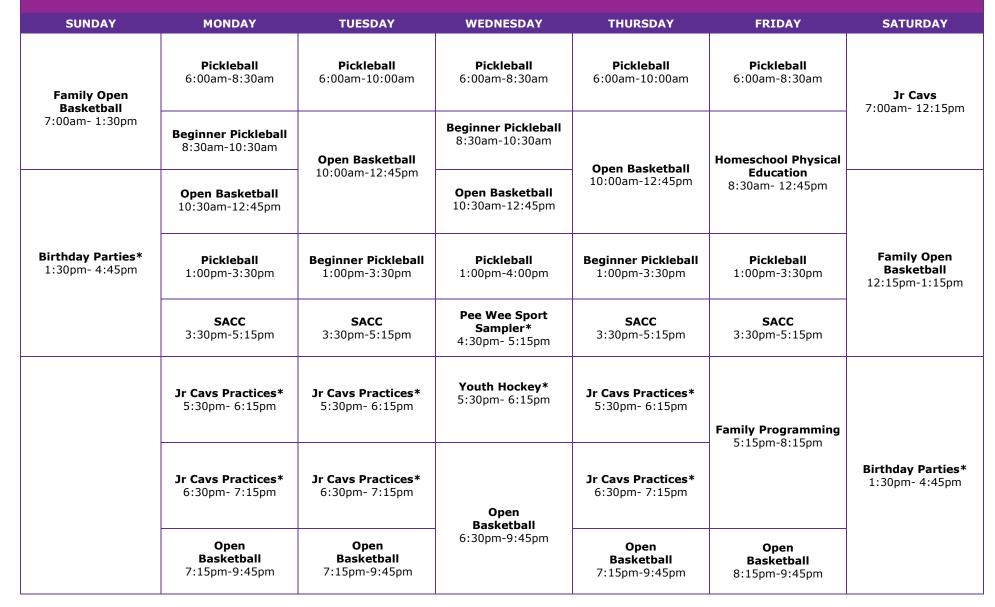
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Basketball 7:00am- 8:45am	Open Basketball 6:00am-9:00am	Open Basketball 6:00am-9:00am	HIIT 5:30am-6:15am Michelle C.	Open Basketball	Open Basketball 6:00am-9:00am	Open Basketball 7:00am- 8:45am
Special Olympics Young Athletes* 9:00am- 9:45am	Low Impact Strength & Conditioning 9:00am-9:45am Tara B.		Open Basketball 6:30am-9:00am	6:00am-9:00am		
Adult Pick-Up Basketball 10:00am- 12:30pm	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
Open Basketball 12:30pm- 1:30pm	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	
	Open Basketball 2:30pm-3:15pm	- Open Basketball 2:30pm-6:00pm	Open Basketball 2:30pm-5:15pm	Open Basketball 2:30pm-5:15pm	Open Basketball 2:30pm-6:15pm	
	Special Olympics Young Athletes* 3:30pm- 4:15pm			½ Open Basketball 5:15pm-7:15pm		Open Basketball 10:00am- 4:45pm
	Pee Wee Basketball* 4:30pm- 5:15pm	HIIT 6:15pm-7:00pm Tara B.	Jr Cavs Practices* 5:30pm- 6:15pm	1/2 Jr Cavs Practices* 5:30pm- 6:15pm	Jr Cavs Practices* 6:30pm- 7:15pm	
	Youth Basketball* 5:30pm- 6:15pm	_ Open Basketball 7:15pm-9:45pm	Jr Cavs Practices* 6:30pm- 7:15pm	1/2 Jr Cavs Practices* 6:30pm- 7:15pm	Open Basketball 7:15pm-9:45pm	
	Open Basketball 6:15pm-9:45pm		Open Basketball 7:15pm-9:45pm	Open Basketball 7:15pm-9:45pm		

*= Requires registration.

INDEPENDENT HEALTH FAMILY YMCA SOUTH GYM SCHEDULE

EFFECTIVE JAN 29, 2023 - FEB 26, 2023

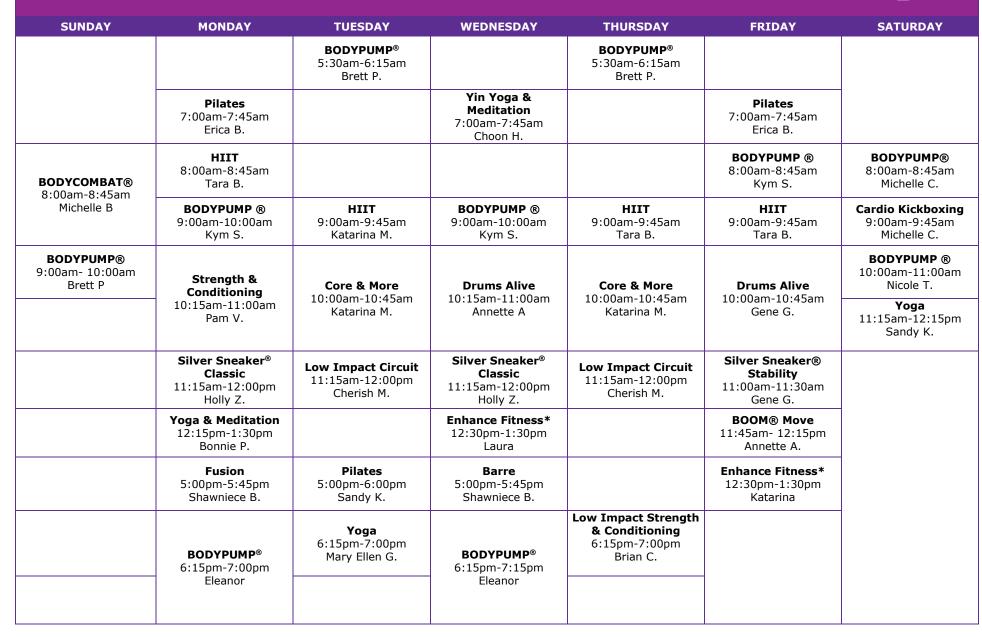


*= Requires registration.



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

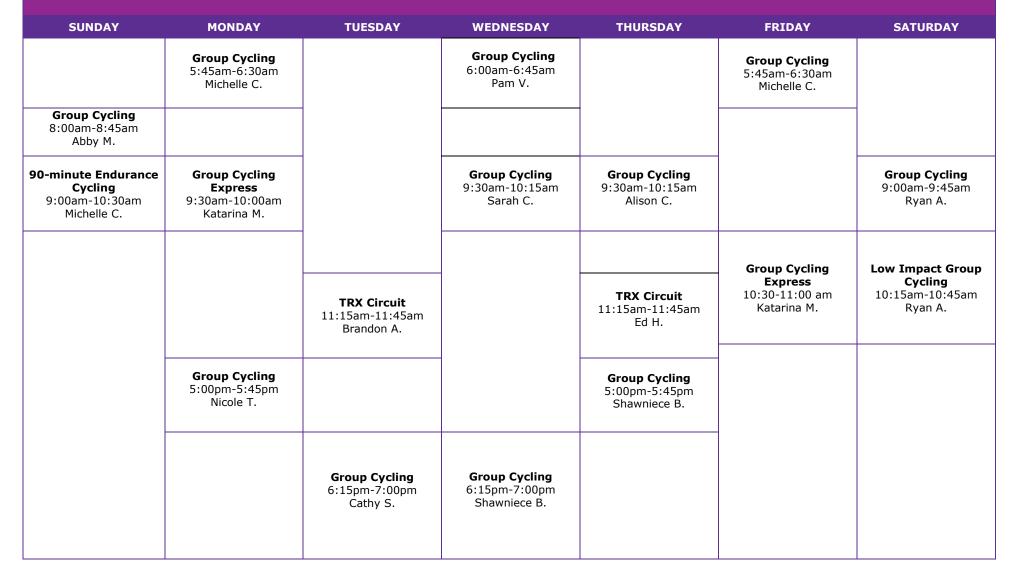
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Yoga 7:00am-7:45am Paula C.		Yoga 7:00am-7:45am Paula C.		
					Tai Chi 8:00am-8:45am Brian C.	
	Cardio Interval	Low Impact Strength & Conditioning	Pilates	Low Impact Strength & Conditioning	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	
6:00pm- 6 Sensai Yog a 7:00pm-8 Lexi		-	Cardia Stan	_	Pilates 12:30pm-1:15pm Annette A.	
	Balanced Boxing* 6:00pm- 6:45pm Sensai Al	-	Cardio Step 5:15pm-6:00pm Katarina Starts Feb 8 th	Fusion 5:30pm-6:15pm Cathy S.		
	Yoga 7:00pm-8:00pm		Tai Chi 6:15pm-7:00pm Brian C.	Power Yoga 6:30pm-7:30pm Nadya M.		
	Lexi Starts Feb 20 th					

*= 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.

