

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



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

\*= Requires registration.

Schedule subject to change. For more information, please visit [YMCABN.org](http://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
<b>Family Open Basketball</b> 7:00am- 1:30pm	<b>Pickleball</b> 6:00am-8:30am	<b>Pickleball</b> 6:00am-10:00am	<b>Pickleball</b> 6:00am-8:30am	<b>Pickleball</b> 6:00am-10:00am	<b>Pickleball</b> 6:00am-8:30am	<b>Jr Cavs</b> 7:00am- 12:15pm
	<b>Beginner Pickleball</b> 8:30am-10:30am	<b>Open Basketball</b> 10:00am-12:45pm	<b>Beginner Pickleball</b> 8:30am-10:30am	<b>Open Basketball</b> 10:00am-12:45pm	<b>Homeschool Physical Education</b> 8:30am- 12:45pm	
<b>Birthday Parties*</b> 1:30pm- 4:45pm	<b>Open Basketball</b> 10:30am-12:45pm		<b>Open Basketball</b> 10:30am-12:45pm			<b>Family Open Basketball</b> 12:15pm-1:15pm
	<b>Pickleball</b> 1:00pm-3:30pm	<b>Beginner Pickleball</b> 1:00pm-3:30pm	<b>Pickleball</b> 1:00pm-4:00pm	<b>Beginner Pickleball</b> 1:00pm-3:30pm	<b>Pickleball</b> 1:00pm-3:30pm	
	<b>SACC</b> 3:30pm-5:15pm	<b>SACC</b> 3:30pm-5:15pm	<b>Pee Wee Sport Sampler*</b> 4:30pm- 5:15pm	<b>SACC</b> 3:30pm-5:15pm	<b>SACC</b> 3:30pm-5:15pm	
	<b>Jr Cavs Practices*</b> 5:30pm- 6:15pm	<b>Jr Cavs Practices*</b> 5:30pm- 6:15pm	<b>Youth Hockey*</b> 5:30pm- 6:15pm	<b>Jr Cavs Practices*</b> 5:30pm- 6:15pm	<b>Family Programming</b> 5:15pm-8:15pm	<b>Birthday Parties*</b> 1:30pm- 4:45pm
	<b>Jr Cavs Practices*</b> 6:30pm- 7:15pm	<b>Jr Cavs Practices*</b> 6:30pm- 7:15pm	<b>Open Basketball</b> 6:30pm-9:45pm	<b>Jr Cavs Practices*</b> 6:30pm- 7:15pm		
	<b>Open Basketball</b> 7:15pm-9:45pm	<b>Open Basketball</b> 7:15pm-9:45pm		<b>Open Basketball</b> 7:15pm-9:45pm		

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INDEPENDENT HEALTH FAMILY YMCA  
**STUDIO 1 SCHEDULE**  
 EFFECTIVE JAN 29, 2023 – FEB 26, 2023



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

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INDEPENDENT HEALTH FAMILY YMCA  
**STUDIO 2 SCHEDULE**  
 EFFECTIVE JAN 29, 2023 – FEB 26, 2023



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

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INDEPENDENT HEALTH FAMILY YMCA  
**CYCLE ROOM/TRX CIRCUIT SCHEDULE**  
 EFFECTIVE JAN 29, 2023 – FEB 26, 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Group Cycling</b> 5:45am-6:30am Michelle C.		<b>Group Cycling</b> 6:00am-6:45am Pam V.		<b>Group Cycling</b> 5:45am-6:30am Michelle C.	
<b>Group Cycling</b> 8:00am-8:45am Abby M.						
<b>90-minute Endurance Cycling</b> 9:00am-10:30am Michelle C.	<b>Group Cycling Express</b> 9:30am-10:00am Katarina M.		<b>Group Cycling</b> 9:30am-10:15am Sarah C.	<b>Group Cycling</b> 9:30am-10:15am Alison C.		<b>Group Cycling</b> 9:00am-9:45am Ryan A.
		<b>TRX Circuit</b> 11:15am-11:45am Brandon A.		<b>TRX Circuit</b> 11:15am-11:45am Ed H.	<b>Group Cycling Express</b> 10:30-11:00 am Katarina M.	<b>Low Impact Group Cycling</b> 10:15am-10:45am Ryan A.
	<b>Group Cycling</b> 5:00pm-5:45pm Nicole T.			<b>Group Cycling</b> 5:00pm-5:45pm Shawniece B.		
		<b>Group Cycling</b> 6:15pm-7:00pm Cathy S.	<b>Group Cycling</b> 6:15pm-7:00pm Shawniece B.			

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