

INDEPENDENT HEALTH FAMILY YMCA
NORTH GYM SCHEDULE
 EFFECTIVE APRIL 30– MAY 27, 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym 7:00am-8:45am	Open Gym 6:00am-8:45am	Open Gym 6:00am-8:45am	Open Gym 6:00am-8:45am	Open Gym 6:00am-8:45am	Open Gym 6:00am-8:45am	Open Gym 7:00am-8:45am
Special Olympics Young Athletes* 9:00am-9:45am	Low Impact Strength & Conditioning 9:00am-9:45am Tara B.			Zumba® 9:00am-9:45am Annette A.		
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.	Silver Sneaker® Classic 10:00am-10:45am 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 Y Instructor	Silver Sneaker® Classic 10:00am-10:45am Annette A.	Silver Sneaker® Yoga 10:00am-10:45am Bonnie P.	Healthy Back 11:15am-12:00pm Brian C.	Silver Sneaker® Yoga 10:00am-10:45am Bonnie P.	Zumba 10:00-10:45am Cherish
	Pick-Up Basketball 1/2 12:15pm-1:30pm	Healthy Back 11:15am-12:00pm Brian C.	Zumba® 11:15am- 12:00pm Annette A.	Pick-Up Basketball 12:15pm-1:30pm	Low Impact Strength & Conditioning 11:15am-12:00pm Brian C.	Open Gym 11:00-1:00pm
Enhance Fitness* 1/2 12:30pm-1:30pm Laura	Pick-Up Basketball 12:15pm-1:30pm	Pick-Up Basketball 12:15pm-1:30pm	Pickleball** 1:30pm-3:30pm	Pick-Up Basketball 12:15pm-1:30pm		
	Pickleball** 1:30pm-3:30pm	Pickleball** 1:30pm-3:30pm	Pickleball** 1:30pm-3:30pm	Pickleball** 1:30pm-3:30pm		
		Open Gym 3:30pm-6:00pm	½ Special Olympics Young Athletes 4:30pm-5:15pm	Open Gym 3:30pm-9:45pm	Pickleball** 1:30pm-3:30pm	
Open Gym 3:30pm-9:45pm	HIIT 6:15pm-7:00pm Tara B.	Open Gym 5:30pm-9:45pm	Open Gym 3:30pm-9:45pm		Open Gym 1:00pm-4:45pm	
		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. **Denotes no program during Williamsville School District Vacations

INDEPENDENT HEALTH FAMILY YMCA
SOUTH GYM SCHEDULE
 EFFECTIVE APRIL 30, 2023 – MAY 27, 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	Family Open Gym 7:00am-11:15am
	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			Open Rockwall 11:30am-12:15pm
	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 ½ 3:30pm-5:15pm	SACC 3:30pm-5:15pm	Pee Wee Sport Soccer* 4:30pm-5:15pm	SACC 3:30pm-5:15pm	SACC 3:30pm-5:15pm	
	Pee Wee Teeball* ½ 4:30pm-5:15pm	Jr Cavs Practices* 5:30pm-6:15pm	Youth Hockey* 5:30pm-6:15pm	Youth Basketball* 5:30pm-6:15pm	Family Programming 5:15pm-8:15pm	Birthday Parties* 1:30pm-4:45pm
	Youth Basketball* 5:30pm-6:15pm	Jr Cavs Practices* 6:30pm-7:15pm	Open Rockwall 6:30pm-7:15pm	Open Gym 6:30pm-9:45pm		
			Open Gym ½ 6:30pm-7:15pm			
Open Gym 7:15pm-9:45pm	Open Gym 7:15pm-9:45pm	Open Gym 7:15pm-9:45pm	Open Gym 8:15pm-9:45pm			

*= Requires registration.

INDEPENDENT HEALTH FAMILY YMCA
STUDIO 1 SCHEDULE
 EFFECTIVE APRIL 30, 2023 – MAY 27, 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 Choon		Yin Yoga & Meditation 7:00am-7:45am Choon H.		Pilates 7:00am-7:45am Kim T.	
	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 Kim T.	Core & More 10:00am-10:45am Kim T.	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 Katarina
Pilates 11:30am-12:15pm Cherish M.	Silver Sneaker® Classic 11:15am-12:00pm Y Instructor	Low Impact Circuit 11:15am-12:00pm Cherish M.	Silver Sneaker® Classic 11:15am-12:00pm Y Instructor	Low Impact Circuit 11:15am-12:00pm Cherish M.	Silver Sneaker® Stability 11:00am-11:30am Gene G.	Yoga 11:15am-12:15pm Khadijah
	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.	Fusion 5:15pm-6:00pm Cathy S.	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.

INDEPENDENT HEALTH FAMILY YMCA
STUDIO 2 SCHEDULE
 EFFECTIVE APRIL 30, 2023 – MAY 27, 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Yoga 7:00am-8:00am Courtney		Yoga 7:00am-8:00am Courtney		
	Cardio Interval 9:15am-9:45pm Cherish M.	Low Impact Strength & Conditioning 9:15am-9:45am Cherish M.	Pilates 9:00am-9:45am Michelle B.	Low Impact Strength & Conditioning 9:15am-9:45am Cherish M.	Tai Chi 8:00am-8:45am Brian C.	Power Yoga 9:00am-10:15am Nadya M.
					Yin Yoga 9:00am-9:45am Bonnie	
Zumba 9:30am-10:15am Mary Ellen G.	Cardio Kickboxing & Core 10:15am-11:00am Laura H.	BODYCOMBAT® 10:00am-10:45am Diana R.	Silver Sneaker® Stability 10:30am-11:00am Laura H.	BODYCOMBAT® 10:00am-10:45am Diana R.	Meditation 9:45am-10:15am Khadijah	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® 10:30am-11:15pm Katarina No class May 19th	
			Yoga 12:15pm-1:15pm Khadijah		Pilates 12:30pm-1:15pm Annette A.	
	Youth Karate 5:00pm-5:45 Sensai Al		Cardio Step 5:15pm-6:00pm Katarina			
	Balanced Boxing* 6:00pm-6:45pm Sensai Al	Zumba® 5:30pm-6:15pm Sheila G.				
	Yoga 7:15pm-8:15pm Lexi		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 APRIL 30, 2023 – MAY 27, 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Group Cycling 8:00am-8:45am Abby M. No class April 30	Group Cycling 5:45am-6:30am Michelle C.				Group Cycling 5:45am-6:30am 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 Pam V.
		TRX Circuit 11:15am-11:45am Brandon A.		TRX Circuit 11:15am-11:45am Ed H.		
	Group Cycling 5:00pm-5:45pm Mary Ellen				Group Cycling 5:00pm-5:45pm Shawniece B.	TRX Functional Training 11:00am-11:30am David S.
		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.**