

GROUP EXERCISE – MAIN GYM

MAY 1ST – MAY 31ST 2023



YMCA Buffalo Niagara will be closing at 12pm on Monday, May 29th in observance of Memorial Day.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Fusion 5:15 – 6:00am Karen		Fusion & Stretch Fusion 5:15 – 6:00am Stretch 6:00 – 6:30am Karen		Fusion 5:15 – 6:00am Karen	
	Low Impact Circuit 8:15 – 9:00am Kathy	SilverSneakers® Circuit 8:15 – 9:00am Marla	Low Impact Circuit 8:15 – 9:00am Kathy	SilverSneakers® Circuit 8:15 – 9:00am Marla	Low Impact Circuit 8:15 – 9:00am Kathy	
	SilverSneakers® Classic 9:30-10:15am Brandon	SilverSneakers® Classic 9:30 – 10:15am Marla	Strength & Conditioning 9:30 – 10:15am Kathy	SilverSneakers® Classic 9:30 – 10:15am Marla	SilverSneakers® Classic 9:30 – 10:15am Brandon	
	Zumba® 10:30 – 11:15am Sara		Zumba® 10:30 – 11:15am Sara		Cardio Dance 10:30 – 11:15am Melissa	
	Zumba® Gold 11:30 – 12:15pm Sara		Zumba® Gold 11:30 – 12:15pm Sara		Zumba® Gold 11:30 – 12:15pm Brandon	
Zumba® 12:30 – 1:15pm Sara B.		SilverSneakers® Classic 1:00 – 1:45pm Emily-Rose		SilverSneakers® Classic 1:00 – 1:45pm Emily-Rose		

GROUP EXERCISE – AUXILIARY GYM

MAY 1ST – MAY 31ST 2023



YMCA Buffalo Niagara will be closing at 12pm on Monday, May 29th in observance of Memorial Day.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Cycle & Circuit 5:15 – 6:00am Karen				
						HIIT 8:15 – 9:00am Sara V.
	Strength & Conditioning 9:30 – 10:15am Jilyana	Interval Training 9:30 – 10:15am Kathy		Interval Training 9:30 – 10:15am Kathy	Strength & Conditioning 9:30 – 10:15am Jilyana	Cycling 9:30 – 10:30am Sara V.
	Low Impact Cycling 10:30 – 11:15am Sue	Yoga 10:30 – 11:30am Sue		Yoga 10:30 – 11:30am Sue	Cycling 10:30am – 11:15am Cristina M.	
		Zumba® 12:00 – 12:45pm Melissa T.	Low Impact Strength & Conditioning 11:30 – 12:15pm Melissa T. *in studio 5/3	Zumba® 12:00 – 12:45pm Melissa T.	Low Impact Strength & Conditioning 11:30 – 12:15pm Melissa T.	
		Cycling 4:30 – 5:15pm Sara V.	Cycle & Circuit 4:30 – 5:30pm Sara V.	Cycling 4:30 – 5:30pm Sara V.		
	HIIT 5:15 – 6:00pm Renaë	Balanced Boxing 5:30 – 6:30pm Jim	HIIT 5:45 – 6:30pm Chelsey	HIIT 5:45 – 6:30pm Renaë		
	Cycling 6:15 – 7:00pm Abby	Boxing Fitness 6:30 – 7:30pm Jim				
	BODYPUMP™ 7:15 – 8:15pm Sara V.					

SOUTHTOWNS FAMILY YMCA

GROUP EXERCISE – STUDIO

MAY 1ST – MAY 31ST 2023



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Mindful Movement 5:15am – 6:00am Kasia		
	SilverSneakers® Yoga 8:00 – 8:45am Brandon		Yoga 8:00 – 8:45am Courtney			
BODYPUMP™ 9:00 – 10:00am Renaë	Cardio Kickboxing 9:00 – 10:00am Jess	BODYPUMP™ Express 9:15 – 10:00am Melissa M.	Cardio Kickboxing 9:00 – 10:00am Jess	BODYPUMP™ Express 9:15 – 10:00am Melissa M.	Cardio Kickboxing 9:00 – 10:00am Jess	Fusion 8:45 – 9:45am Kim
Healthy Back 10:15 – 11:00am Joy			Exercise Technique Demo Class 11:00 – 11:30am Melissa T. 5/3 ONLY Low Impact S&C 11:30-12:15pm Melissa T.			Cardio Kickboxing 10:00 – 11:00am Jess
Yoga 11:15 – 12:15pm Joy		Zumba® Step 11:00 – 11:45am Melissa T.		Zumba® Step 11:00 – 11:45am Melissa T.		Yoga 11:15 – 12:15pm Adrianna
Zumba® Toning 1:30 – 2:00pm Sara B.		SilverSneakers® Yoga 12:00 – 12:45pm Sue	BARRE 12:30 – 1:15pm Melissa T.	SilverSneakers® Yoga 12:00 – 12:45pm Sue	BARRE 12:30 – 1:15pm Melissa T.	
					Step Aerobics 4:30 – 5:30 pm Kim	
	Cardio Kickboxing 5:45 – 6:45pm Jess	Strength & Conditioning 6:00 – 6:45pm Chelsey	Healthy Back 5:15 – 6:00pm Joy	Strength & Conditioning 6:00 – 6:45pm Jilyana	Youth Sports – Dance 5:45pm – 6:30pm Registration Required	
	Zumba® 7:00 – 7:45pm Sara B.	Core & More 7:00 – 7:45pm Adrianna	Zumba® 6:45 – 7:30pm Sara B.	Core & More 7:00 – 7:45pm Jilyana		
	Yoga 8:00 – 8:45pm Chris B.	Yoga 8:00 – 8:45pm Adrianna	Yoga 7:45 – 8:45pm Alaina			

Schedule subject to change. For more information, please call 716-674-9622