

INDEPENDENT HEALTH FAMILY YMCA
NORTH GYM SCHEDULE
 EFFECTIVE JULY 30- AUGUST 26, 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Open Gym 6:00am-8:45am	Open Gym 6:00am-8:45am	Open Gym 6:00am-7:30am	Open Gym 6:00am-8:45am	Open Gym 6:00am-8:45am	Open Gym 7:00am-4:45am
	Low Impact Strength & Conditioning 9:00am-9:45am Tara B.		Instructional Pickleball 7:30am-8:45am	Zumba® 9:00am-9:45am Annette A.		
Open Gym 7:0000am-4:45pm		Zumba® 9:00am-9:45am Annette A.	Low Impact Strength & Conditioning 9:00am-9:45am Cherish M.	Silver Sneaker® Classic 10:00am-10:45am Annette A.	Silver Sneaker® Classic 9:00am-9:45am Annette A.	
	Silver Sneaker® Classic 10:00am-10:45am Cherish M.	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.	
	Silver Sneaker® Yoga 11:15am-12:00pm Cherish M.	Healthy Back 11:15am-12:00pm Brian C.	Zumba® 11:15am- 12:00pm Annette A.	Pick-Up Basketball 12:15pm-1:30pm 1:30pm-2:30pm ½	Low Impact Strength & Conditioning 11:15am-12:00pm Brian C.	
	Pick-Up Basketball 12:15pm-1:30pm	Pick-Up Basketball 12:15pm-1:30pm 1:30-2:30 pm 1/2	Pick-Up Basketball 12:15pm-1:30pm	Pickleball 1:30pm-2:30pmn ½ 2:30pm-3:30 pm Full	Pick-Up Basketball 12:15pm-1:30pm	
	Pickleball** 1:30pm-3:30pm	Pickleball** 1:30-2:30 pm ½ 2:30-3:30pm Full	Pickleball** 1:30pm-3:30pm		Pickleball** 1:30pm-3:30pm	
			Open Gym 3:30pm-6:00pm	Open Gym 3:30pm-5:15pm		
	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 3:30pm-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. **Denotes no program during Williamsville School District Vacations

INDEPENDENT HEALTH FAMILY YMCA
SOUTH GYM SCHEDULE
 EFFECTIVE JULY 30 – AUGUST 26, 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Family Open Gym 7:00am-1:30pm	Pickleball 6:00am-8:45am	Pickleball 6:00am-8:45am	Pickleball 6:00am-8:45am	Pickleball 6:00am-8:45am	Pickleball 6:00am-8:45am	Family Open Gym 7:00am-11:15am	
	Camp 9:00am-4:30pm	Camp 9:00am-5:00pm	Camp 9:00am-4:30pm	Camp 9:00am-5:00pm	Camp 9:00am-5:00pm		Open Rockwall ½ 11:30am-12:15pm
Birthday Parties* 1:30pm-4:45pm	Camp 1/2 4:30am-5:00pm		Camp 1/2 4:30am-5:00pm			Pee Wee Soccer* 4:30pm-5:10pm Starts 8/2	Open Gym ½ 11:30am-12:15pm
	Pee Wee Basketball* ½ 4:30pm-5:10pm Starts 7/31		Open Gym 5:15pm-9:45pm			Youth Soccer* 5:30pm-6:15pm Starts 8/2	Basketball Skills & Drills* 5:30pm-6:15pm Starts 8/3
Youth Baseball* 5:30pm-6:15pm Starts 7/31	Open Rockwall ½ 6:30pm-7:15pm	Birthday Parties* 1:30pm-4:45pm					
Open Gym 7:15pm-9:45pm	Pee Wee Tumblers 6:30pm-7:10pm Starts 8/2			Open Gym 7:15pm-9:45pm	Open Gym 5:15pm-9:45pm	Open Gym 8:15pm-9:45pm	

*= Requires registration.

INDEPENDENT HEALTH FAMILY YMCA
STUDIO 1 SCHEDULE
 EFFECTIVE JUNE 30 – AUGUST 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 S.		Yin Yoga & Meditation 7:00am-7:45am Choon H.		Pilates 7:00am-7:45am Erica S.	
	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-10:45am Katarina M.	Soul Fusion™ 10:00am-10:45am Lana S.	Drums Alive 10:15am-11:00am Annette A.	Core & More 10:00am-10:45am Tara B.	Drums Alive 10:00am-10:45am Gene G.	BODYPUMP® 10:00am-11:00am Rebecca K.
Turbokick™ 10:15 am-11:00am Lana S.						Yoga 11:15am-12:15pm Khadijah J.
	Silver Sneaker® Classic 11:15am-12:00pm Bonnie P.	Low Impact Circuit 11:00am-11:45pm Cherish M.	Silver Sneaker® Classic 11:15am-12:00pm Bonnie P.	Low Impact Circuit 11:00am-11:45pm Cherish M.	Silver Sneaker® Stability 11:00am-11:30am Gene G.	
Pilates 11:30am-12:15am Choon H.	Yoga & Meditation 12:15pm-1:30pm Bonnie P.	Line Dancing 12:15pm-1:45pm John V.		Line Dancing 12:15pm-1:45pm John V.	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.		
	BODYPUMP® 6:15pm-7:00pm Eleanor P.	Yoga 6:15pm-7:00pm Mary Ellen G.	BODYPUMP® 6:15pm-7:15pm Eleanor P.	Low Impact Strength & Conditioning 6:15pm-7:00pm Brian C.		

*= Requires registration.

INDEPENDENT HEALTH FAMILY YMCA
STUDIO 2 SCHEDULE
 EFFECTIVE JULY 30 – AUGUST 26, 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Yoga 7:00am-8:00am Courtney C.		Yoga 7:00am-8:00am Courtney C.		
	Cardio Interval 9:00am-9:45pm Cherish M.	Low Impact Strength & Conditioning 9:00am-9:45am Cherish M.	Pilates 9:00am-9:45am Annette A.	Low Impact Strength & Conditioning 9:00am-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 P.	
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.		
Yoga 10:30am-11:30am Lisa W.	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.		Body Sculpt 10:00am-10:45am Lana S.	
			Yoga 12:15pm-1:15pm Khadijah J.		Pilates 12:30pm-1:15pm Annette A.	
			Cardio Step 5:15pm-6:00pm Katarina M. No class August 9th			
	Balanced Boxing* 6:00pm-6:45pm Sensai Al	Zumba® 5:30pm-6:15pm Sheila G.				
	Yoga 7:00pm-8:00pm Lexi G.		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 JULY 30 – AUGUST 26, 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Group Cycling 5:45am-6:30am Michelle C.		Group Cycling 6:00 am-6:45 am Greg P.		Group Cycling 5:45am-6:30am Michelle C.	
		Group Cycling 9:30am-10:15am Abby M.				
	Group Cycling 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.
	Group Cycling 5:00pm-5:45pm Mary Ellen G.			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.**