

INDEPENDENT HEALTH FAMILY YMCA
NORTH GYM SCHEDULE
 EFFECTIVE SEPTEMBER 11- SEPTEMBER 30, 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-8:45am
	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 7:00am-7:45pm		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® Classic 9:00am-9:45am Cherish M.
	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-2:00pm	Low Impact Strength & Conditioning 11:15am-12:00pm Brian C.	Open Gym 10:00am-7:45am
	Pick-Up Basketball 12:15pm-1:30pm	Pick-Up Basketball 12:15pm-2:00pm	Pick-Up Basketball 12:15pm-1:30pm	Pickleball 2:00pm-3:30 pm Full	Pick-Up Basketball 12:15pm-1:30pm	
	Pickleball** 1:30pm-3:30pm	Pickleball** 2:00-3:30pm 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				

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 SEPTEMBER 11- SEPTEMBER 30, 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
	Instructional Pickleball 8:30am-10:30am	Open Gym 10:00am-12:45pm	Instructional Pickleball 8:30am-10:30am	Open Gym 10:00am-12:45pm	Open Gym	
Birthday Parties* 1:30pm-4:45pm	Open Gym 10:30am-12:45pm	Instructional Pickleball 1:00 pm-3:30pm	Open Gym 10:30am-12:45pm	Instructional Pickleball 1:00 pm-3:30pm	Pickleball 1:00pm-3:30pm	Open Rockwall ½ 11:30am-12:15pm
	Pickleball 1:00pm-3:30pm	SACC 3:30pm-5:15pm	Pickleball 1:00pm-4:00pm	SACC 3:30pm-5:15pm	Pickleball 1:00pm-3:30pm	Open Gym ½ 11:30am-12:15pm
	SACC 3:30pm-5:15pm		Pee Wee Soccer* 4:30pm-5:10pm		SACC 3:30pm-5:15pm	Open Gym 12:15pm-1:30pm
Family Open Gym 4:45pm-7:45pm	Pee Wee Basketball* ½ 4:30pm-5:10pm	Open Gym 5:15pm-9:45pm	Youth Soccer* 5:30pm-6:15pm	Open Rockwall ½ 6:30pm-7:15pm	Family Programming 5:15pm-8:15pm	Birthday Parties* 1:30pm-4:45pm
	Youth Basketball* 5:30pm-6:15pm		Open Gym 7:15pm-9:45pm			Family Open Gym 4:45pm-7:45pm
	Open Gym 7:15pm-9:45pm		Open Gym 5:15pm-9:45pm			Open Gym 8:15pm-9:45pm

*= Requires registration.

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INDEPENDENT HEALTH FAMILY YMCA
STUDIO 1 SCHEDULE
 EFFECTIVE SEPTEMBER 11- SEPTEMBER 30, 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		BODYPUMP® 5:30am-6:15am Brett P.	Yin Yoga & Meditation 7:00am-7:45am Choon H.	BODYPUMP® 5:30am-6:15am Brett P.	Pilates 7:00am-7:45am Erica S.	
	Pilates 7:00am-7:45am Erica S.					BODYPUMP® 8:00am-8:45am Kym S.
						HIIT 9:00am-9:45am Tara B.
	BODYPUMP® 9:00am-10:00am Kym S.	HIIT 9:00am-9:45am Tara B.	BODYPUMP® 9:00am-10:00am Kym S.	HIIT 9:00am-9:45am Tara B.	HIIT 9:00am-9:45am Tara B.	
BODYPUMP® 9:00am-10:00am Brett P.	Barre 10:15am-11:00am Holly Z.	Soul Fusion™ 10:00am-10:45am Lana S.	Drums Alive 10:15am-11:00am Annette A.	Soul Fusion 10:00am-10:45am Lana S.	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 Lisa W.
	Silver Sneaker® Classic 11:15am-12:00pm Holly Z	Low Impact Circuit 11:00am-11:45pm Cherish M.	Silver Sneaker® Classic 11:15am-12:00pm Holly Z.	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-7:15pm Lexi G.	BODYPUMP® 6:15pm-7:15pm Eleanor P.	Low Impact Strength & Conditioning 6:15pm-7:00pm Brian C.		

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INDEPENDENT HEALTH FAMILY YMCA
STUDIO 2 SCHEDULE
 EFFECTIVE SEPTEMBER 11- SEPTEMBER 30, 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Yoga 7:00am-8:00am Courtney C.		Yoga 7:00am-8:00am Courtney C.		
	Cardio Interval 9:15am-10:00pm Cherish M.	Low Impact Strength & Conditioning 9:15am-10:00am Cherish M.	Pilates 9:00am-9:45am Annette A.	Low Impact Strength & Conditioning 9:15-10:00am Cherish M.	Tai Chi 8:00am-8:45am Brian C.	
Zumba 9:30am-10:15am Mary Ellen G.					Yin Yoga 9:00am-9:45am Bonnie P.	Power Yoga 9:00am-10:15am Nadya M.
	Cardio Kickboxing 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.	
					Pilates 12:30pm-1:15pm Annette A.	
	Balanced Boxing* 6:00pm-6:45pm Sensai Al	Zumba® 5:30pm-6:15pm Sheila G.	Swim Team 5:00pm-6 :00pm Y Staff	Barre/Pilates Combo 5:30pm-6:15pm Sheila G.		
	Yoga 7:00pm-7:45pm MaryEllen 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 SEPTEMBER 11- SEPTEMBER 30, 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 9:00am-9:45am Abby M.				
	Group Cycling 9:30am-10:15am Ryan A.		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.		
		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.