

INDEPENDENT HEALTH FAMILY YMCA  
**NORTH GYM SCHEDULE**  
 NOVEMBER 2023



| SUNDAY                           | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  |
|----------------------------------|---|---|--|---|--|---|
|                                  | <b>Open Gym</b><br>6:00am-8:45am  | <b>Open Gym</b><br>6:00am-8:45am                                | <b>Open Gym</b><br>6:00am-7:30am   | <b>Open Gym</b><br>6:00am-8:45am                                | <b>Open Gym</b><br>6:00am-8:45am   | <b>Open Gym</b><br>7:00am-8:45am                              |
|                                  | <b>Low Impact Strength &amp; Conditioning</b><br>9:00am-9:45am<br>Tara B. |   | <b>Instructional Pickleball</b><br>7:30am-8:45am                             | <b>Zumba®</b><br>9:00am-9:45am<br>Annette A.                    |  |   |
| <b>Open Gym</b><br>7:00am-5:45pm |   | <b>Zumba®</b><br>9:00am-9:45am<br>Annette A.                    | <b>Low Impact Strength &amp; Conditioning</b><br>9:00am-9:45am<br>Cherish M. | <b>Silver Sneaker® Classic</b><br>10:00am-10:45am<br>Annette A. | <b>Silver Sneaker® Classic</b><br>9:00am-9:45am<br>Annette A.                |   |
|                                  | <b>Silver Sneaker® Classic</b><br>10:00am-10:45am<br>Cherish M.           | <b>Silver Sneaker® Classic</b><br>10:00am-10:45am<br>Annette A. | <b>Silver Sneaker® Yoga</b><br>10:00am-10:45am<br>Bonnie P.                  | <b>Healthy Back</b><br>11:15am-12:00pm<br>Brian C.              | <b>Silver Sneaker® Yoga</b><br>10:00am-10:45am<br>Bonnie P.                  | <b>Silver Sneaker® Classic</b><br>9:00am-9:45am<br>Cherish M. |
|                                  | <b>Silver Sneaker® Yoga</b><br>11:15am-12:00pm<br>Cherish M.              | <b>Healthy Back</b><br>11:15am-12:00pm<br>Brian C.              | <b>Zumba®</b><br>11:15am- 12:00pm<br>Annette A.                              | <b>Pick-Up Basketball</b><br>12:15pm-2:00pm                     | <b>Low Impact Strength &amp; Conditioning</b><br>11:15am-12:00pm<br>Brian C. | <b>Jr. Cavs</b><br>10:00am-12:45pm                            |
|                                  | <b>Pick-Up Basketball</b><br>12:15pm-1:30pm                               | <b>Pick-Up Basketball</b><br>12:15pm-2:00pm                     | <b>Pick-Up Basketball</b><br>12:15pm-1:30pm                                  | <b>Pickleball</b><br>2:00pm-3:30 pm Full                        | <b>Pick-Up Basketball</b><br>12:15pm-1:30pm                                  | <b>Open Gym</b><br>1:00pm-7:45pm                              |
|                                  | <b>Pickleball**</b><br>1:30pm-3:30pm                                      | <b>Pickleball**</b><br>2:00pm-3:30pm Full                       | <b>Pickleball**</b><br>1:30pm-3:30pm   |   | <b>Open Gym</b><br>3:30pm-9:45pm   | <b>Pickleball**</b><br>1:30pm-3:30pm                          |
|                                  | <b>Open Gym</b><br>3:30pm-5:15pm  |   | <b>Open Gym</b><br>3:30pm-5:15pm   |   |  |   |
|                                  | <b>Youth Basketball</b><br>5:30pm-6:15pm                                  | <b>Open Gym</b><br>3:30pm-6:00pm                                | <b>Jr. Cavs</b><br>5:30pm-7:15pm   |   |  |   |
|                                  | <b>Open Gym</b><br>6:30pm-9:45pm  | <b>HIIT</b><br>6:15pm-7:00pm<br>Tara B.                         | <b>Open Gym</b><br>7:30pm-9:45pm   |   |  | <b>Open Gym</b><br>3:30pm-9:45pm                              |
|                                  |   | <b>Open Gym</b><br>7:15pm-9:45pm                                |  |   |  |   |

INDEPENDENT HEALTH FAMILY YMCA  
**SOUTH GYM SCHEDULE**  
 NOVEMBER 2023



| SUNDAY                                    | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY                                  |
|---|---|--|---|--|--|---|
| <b>Family Open Gym</b><br>7:00am-1:30pm   | <b>Pickleball</b><br>6:00am-8:30am                | <b>Pickleball</b><br>6:00am-10:00am                                      | <b>Pickleball</b><br>6:00am-8:30am                | <b>Pickleball</b><br>6:00am-10:00am                                      | <b>Pickleball</b><br>6:00am-8:30am   | <b>Jr Cavs</b><br>8:00am-12:45pm          |
|   | <b>Instructional Pickleball</b><br>8:30am-10:30am | <b>Open Gym</b><br>10:00am-12:45pm                                       | <b>Instructional Pickleball</b><br>8:30am-10:30am | <b>Open Gym</b><br>10:00am-12:45pm                                       | <b>Homeschool PE</b><br>9:00am-11:45am   |   |
| <b>Birthday Parties*</b><br>1:30pm-4:45pm | <b>Open Gym</b><br>10:30am-12:45pm                | <b>Instructional Pickleball</b><br>1:00pm-3:30pm                         | <b>Open Gym</b><br>10:30am-12:45pm                | <b>Instructional Pickleball</b><br>1:00pm-3:30pm                         | <b>Open Gym</b><br>12:00pm-12:45pm   | <b>Birthday Parties*</b><br>1:30pm-4:45pm |
|   | <b>Pickleball</b><br>1:00pm-3:30pm                | <b>SACC</b><br>3:30pm-5:15pm   | <b>Pickleball</b><br>1:00pm-4:00pm                | <b>SACC</b><br>3:30pm-5:15pm   | <b>Pickleball</b><br>1:00pm-3:30pm   |   |
|   | <b>SACC</b><br>3:30pm-5:15pm                      |  | <b>Pee Wee Sampler</b><br>4:30pm-5:10pm           |  | <b>SACC</b><br>3:30pm-5:15pm   |   |
| <b>Family Open Gym</b><br>5:00pm-5:45pm   | <b>Pee Wee Basketball*</b><br>½<br>4:30pm-5:10pm  | <b>Jr. Cavs</b><br>5:30pm-7:15pm<br><br><b>Open Gym</b><br>5:15pm-9:45pm | <b>Flag Football</b><br>5:30pm-6:10pm             | <b>Jr. Cavs</b><br>5:30pm-7:15pm<br><br><b>Open Gym</b><br>7:15pm-9:45pm | <b>Family Programming</b><br>5:15pm-8:15pm<br><br><b>Open Gym</b><br>8:15pm-9:45pm | <b>Family Open Gym</b><br>4:45pm-7:45pm   |
|   | <b>Jr Cavs</b><br>5:30pm-7:15pm                   |  | <b>Open Rockwall ½</b><br>6:30pm-7:00pm           |  |  |   |
|   | <b>Open Gym</b><br>7:15pm-9:45pm                  |  | <b>Open Gym</b><br>7:30pm-9:45pm                  |  |  |   |

\*= Requires registration.

INDEPENDENT HEALTH FAMILY YMCA  
**STUDIO 1 SCHEDULE**  
 NOVEMBER 2023



| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY   |
|--|--|--|---|--|--|--|
|  |  | <b>BODYPUMP®</b><br>5:30am-6:15am<br>Brett P.              |   | <b>BODYPUMP®</b><br>5:30am-6:15am<br>Brett P.                              |  |  |
|  | <b>Pilates</b><br>7:00am-7:45am<br>Erica S.                  |  | <b>Yin Yoga &amp; Meditation</b><br>7:00am-7:45am<br>Choon H. |  | <b>Pilates</b><br>7:00am-7:45am<br>Erica S.                    |  |
|  |  |  |   |  | <b>BODYPUMP®</b><br>8:00am-8:45am<br>Kym S.                    | <b>BODYPUMP®</b><br>8:00am-8:45am<br>Michelle C.         |
|  | <b>BODYPUMP®</b><br>9:00am-10:00am<br>Kym S.                 | <b>HIIT</b><br>9:00am-9:45am<br>Tara B.                    | <b>BODYPUMP®</b><br>9:00am-10:00am<br>Kym S.                  | <b>HIIT</b><br>9:00am-9:45am<br>Tara B.                                    | <b>HIIT</b><br>9:00am-9:45am<br>Tara B.                        | <b>Cardio Kickboxing</b><br>9:00am-9:45am<br>Michelle C. |
| <b>BODYPUMP®</b><br>9:00am-10:00am<br>Brett P.   |  |  |   |  |  | <b>BODYPUMP®</b><br>10:00am-11:00am<br>Rebecca K.        |
|  | <b>Barre</b><br>10:15am-11:00am<br>Holly Z.                  | <b>Soul Fusion™</b><br>10:00am-10:45am<br>Lana S.          | <b>Drums Alive</b><br>10:15am-11:00am<br>Annette A.           | <b>Soul Fusion</b><br>10:00am-10:45am<br>Lana S.                           | <b>Drums Alive</b><br>10:00am-10:45am<br>Gene G.               | <b>Yoga</b><br>11:15am-12:15pm<br>Lisa W.                |
| <b>Turbokick™</b><br>10:15 am-11:00am<br>Lana S. | <b>Silver Sneaker® Classic</b><br>11:15am-12:00pm<br>Holly Z | <b>Low Impact Circuit</b><br>11:00am-11:45pm<br>Cherish M. | <b>Silver Sneaker® Classic</b><br>11:15am-12:00pm<br>Holly Z. | <b>Low Impact Circuit</b><br>11:00am-11:45pm<br>Cherish M.                 | <b>Silver Sneaker® Stability</b><br>11:00am-11:30am<br>Gene G. |  |
| <b>Pilates</b><br>11:30am-12:15am<br>Choon H.    | <b>Yoga &amp; Meditation</b><br>12:15pm-1:30pm<br>Bonnie P.  | <b>Line Dancing</b><br>12:15pm-1:45pm<br>John V.           |   | <b>Line Dancing</b><br>12:15pm-1:45pm<br>John V.                           | <b>BOOM® Move</b><br>11:45am-12:15pm<br>Annette A.             |  |
|  | <b>Fusion</b><br>5:00pm-5:45pm<br>Shawniece B.               | <b>Pilates</b><br>5:00pm-6:00pm<br>Sandy K.                | <b>Barre</b><br>5:00pm-5:45pm<br>Shawniece B.                 | <b>Fusion</b><br>5:15pm-6:00pm<br>Cathy S.                                 |  |  |
|  | <b>BODYPUMP®</b><br>6:15pm-7:00pm<br>Eleanor P.              | <b>Yoga</b><br>6:15pm-7:15pm<br>Lexi G.                    | <b>BODYPUMP®</b><br>6:15pm-7:15pm<br>Eleanor P.               | <b>Low Impact Strength &amp; Conditioning</b><br>6:15pm-7:00pm<br>Brian C. |  |  |

INDEPENDENT HEALTH FAMILY YMCA  
**STUDIO 2 SCHEDULE**  
 NOVEMBER 2023



| SUNDAY  | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  |
|---|--|---|---|---|--|---|
|   |  | <b>Yoga</b><br>7:00am-8:00am<br>Courtney C.                                   |   | <b>Yoga</b><br>7:00am-8:00am<br>Courtney C.                                 |  |   |
|   | <b>Cardio Interval</b><br>9:15am-10:00pm<br>Cherish M.   | <b>Low Impact Strength &amp; Conditioning</b><br>9:15am-10:00am<br>Cherish M. | <b>Pilates</b><br>9:00am-9:45am<br>Annette A.                   | <b>Low Impact Strength &amp; Conditioning</b><br>9:15-10:00am<br>Cherish M. | <b>Tai Chi</b><br>8:00am-8:45am<br>Brian C.      |   |
|   |  |   |   |   | <b>Yin Yoga</b><br>9:00am-9:45am<br>Bonnie P.    | <b>Power Yoga</b><br>9:00am-10:15am<br>Nadya M. |
| <b>Zumba</b><br>9:30am-10:15am<br>Mary Ellen G. | <b>Cardio Kickboxing</b><br>10:15am-11:00am<br>Laura H.  | <b>BODYCOMBAT®</b><br>10:00am-10:45am<br>Diana R.                             | <b>Silver Sneaker® Stability</b><br>10:30am-11:00am<br>Laura H. | <b>BODYCOMBAT®</b><br>10:00am-10:45am<br>Diana R.                           |  |   |
| <b>Yoga</b><br>10:30am-11:30am<br>Lisa W.       | <b>Low Impact Circuit</b><br>11:15am-12:00pm<br>Laura H. | <b>Parkinson's Movement</b><br>11:15am-12:00pm<br>Ed H.                       | <b>Parkinson's Movement</b><br>11:15am-12:00pm<br>Laura H.      |   | <b>BODY SCULPT</b><br>10:00am-10:45am<br>Lana S. |   |
|   |  |   |   |   | <b>Pilates</b><br>12:30pm-1:15pm<br>Annette A.   |   |
|   |  |   | <b>Swim Team</b><br>5:00pm-6 :00pm<br>Y Staff                   | <b>Barre/Pilates Combo</b><br>5:30pm-6:15pm<br>Sheila G.                    |  |   |
|   | <b>Balanced Boxing*</b><br>6:00pm-6:45pm<br>Sensai Al    | <b>Zumba®</b><br>5:30pm-6:15pm<br>Sheila G.                                   |   |   |  |   |
|   | <b>Yoga</b><br>7:00pm-7:45pm<br>MaryEllen G.             |   | <b>Tai Chi</b><br>6:15pm-7:00pm<br>Brian C.                     | <b>Power Yoga</b><br>6:30pm-7:30pm<br>Nadya M.                              |  |   |
|   |  |   |   |   |  |   |

\*= 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  
**CYCLE ROOM/TRX CIRCUIT SCHEDULE**  
 NOVEMBER 2023



| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY |
|--|--|---|---|---|--|----------|
| <b>Spin Endurance</b><br>9:00am-10:30am<br>Michelle C. | <b>Group Cycling</b><br>5:45am-6:30am<br>Michelle C.   | <b>Group Cycling</b><br>9:00am-9:45am<br>Abby M.  | <b>Group Cycling</b><br>6:00 am-6:45 am<br>Greg P.    |   | <b>Group Cycling</b><br>5:45am-6:30am<br>Michelle C. |          |
|  | <b>Group Cycling</b><br>9:30am-10:15am<br>Ryan A.      |   | <b>Group Cycling</b><br>9:30am-10:15am<br>Sarah C.    |   | <b>Group Cycling</b><br>9:30am-10:15am<br>Alison C.  |          |
|  | <b>Group Cycling</b><br>5:00pm-5:45pm<br>Mary Ellen G. |   |   | <b>Group Cycling</b><br>5:00pm-5:45pm<br>Shawniece B. |  |          |
|  |  | <b>Group Cycling</b><br>6:15pm-7:00pm<br>Cathy S. | <b>Group Cycling</b><br>6:15pm-7:00pm<br>Shawniece B. |   |  |          |
|  |  |   |   |   |  |          |

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