

MAIN GYM 1 – OPEN GYM, SPORTS, BASKETBALL, PICKLEBALL NOVEMBER 1ST – NOVEMBER 30TH 2023



***YMCA BUFFALO NIAGARA IS CLOSED ON THURSDAY, 11/23 FOR THANKSGIVING**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym for All 7:00am – 12:15pm	Fusion 5:15am – 6:00am	Open Gym for All 5:00am – 7:15am	Fusion & Stretch 5:15am – 6:30am	Open Gym for All 5:00am – 7:15am	Fusion 5:15am – 6:00am	Open Gym for All 7:00am – 8:00pm
	Open Gym for All 6:15am – 7:15am		Open Gym for All 6:45am – 7:15am		Open Gym for All 6:15am – 7:15am	
	Low Impact Circuit 8:15am – 9:00am	SilverSneakers® Circuit 8:15am – 9:00am	Low Impact Circuit 8:15am – 9:00am	SilverSneakers® Circuit 8:15am – 9:00am	Low Impact Circuit 8:15am – 9:00am	
	SilverSneakers® Classic 9:30am - 10:15am	SilverSneakers® Classic 9:30am – 10:15am	Strength & Conditioning 9:30am – 10:15am	SilverSneakers® Classic 9:30am – 10:15am	SilverSneakers® Classic 9:30am - 10:15am	
	Zumba® 10:30am – 11:15am	Open Gym for All 10:30am – 12:45pm	Zumba® 10:30am – 11:15am	Open Gym for All 10:30am – 12:45pm	Zumba® 10:30am – 11:15am	
	Zumba® Gold 11:30am – 12:15pm		Zumba® Gold 11:30am – 12:15pm		Zumba® Gold 11:30am – 12:15pm	
Zumba® 12:30pm – 1:15pm	Open Gym for All 12:30pm – 1:00pm	SilverSneakers® Classic 1:00pm – 1:45pm	Open Gym for All 12:30pm – 1:00pm	SilverSneakers® Classic 1:00pm – 1:45pm	Open Gym for All 12:30pm – 1:00pm	
Open Gym for All 1:30pm – 6:00pm	UPK Classes 1:00pm – 2:00pm	Open Gym for All 2:00pm – 7:30pm	UPK Classes 1:00pm – 2:00pm	Open Gym for All 2:00pm – 8:30pm	UPK Classes 1:00pm – 2:00pm	
	Open Gym for All 2:00pm – 7:30pm		Open Gym for All 2:00pm – 10:00pm		Open Gym for All 2:00pm – 8:30pm	Open Gym for All 2:00pm – 10:00pm
	Pickup Basketball 7:30pm – 10:00pm	Pickup Basketball 7:30pm – 10:00pm		Pickup Basketball 8:30pm – 10:00pm		

***Please be aware that enCourage, Benefit for Both, will be in MG1 from 11:30am-2:00pm on the 1st Wednesday of the month.**

MAIN GYM 2 – OPEN GYM, PICKLEBALL, YOUTH SPORTS NOVEMBER 1ST – NOVEMBER 30TH 2023



***YMCA BUFFALO NIAGARA IS CLOSED ON THURSDAY, 11/23 FOR THANKSGIVING**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym for All 7:00am – 6:00pm	Fusion 5:15am – 6:00am	Open Gym for All 5:00am – 10:15am	Fusion & Stretch 5:15am – 6:30am	Open Gym for All 5:00am – 5:15pm	Fusion 5:15am – 6:00am	Pickleball All Levels 7:00am – 10:00am
	Open Gym for All 6:15am – 10:30am		Open Gym for All 6:45am – 10:30am		Open Gym for All 6:15am – 10:30am	
	Zumba® 10:30am – 11:15am	Home School Gym 10:30am – 11:15am	Zumba® 10:30am – 11:15am		Zumba® 10:30am – 11:15am	
	Open Gym for All 11:30am – 2:00pm	Open Gym for All 11:30am – 5:15pm	Open Gym for All 11:30am – 2:00pm		Open Gym for All 11:30am – 2:00pm	Open Gym for All 11:30am – 2:00pm
	Pickleball All Levels 1 court Recreational 2:00pm – 4:00pm		Pickleball All Levels 1 court Recreational 2:00pm – 4:00pm		Pickleball All Levels 1 court Recreational 2:00pm – 4:00pm	Jr. Cavs Basketball League Games 10:30am – 2:00pm
	Open Gym for All 4:00pm – 6:15pm		Open Gym for All 4:00pm – 5:00pm		Open Gym for All 4:00pm – 5:00pm	
Jr. Cavs Basketball League Practice 6:30pm – 7:30pm	Jr. Cavs Basketball League Practice 5:30pm – 8:30pm	Pee Wee Tumblers 5:15pm – 5:45pm	Jr. Cavs Basketball League Practice 5:30pm – 8:30pm	Open Gym for All 4:00pm – 10:00pm	Open Gym for All 2:00pm – 8:00pm	
		Youth Gymnastics 6:00 – 6:30pm				
		Youth Basketball 6:45pm – 7:30pm				
	Open Gym for All 7:30pm – 10:00pm	Open Gym for All 8:30pm – 10:00pm				
	Open Gym for All 8:30pm – 10:00pm	Open Gym for All 7:45pm – 10:00pm	Open Gym for All 8:30pm – 10:00pm			

AUXILIARY GYM - GROUP EX, OPEN GYM, PICKLEBALL

NOVEMBER 1ST – NOVEMBER 30TH 2023

YMCA BUFFALO NIAGARA IS CLOSED ON THURSDAY, 11/23 FOR THANKSGIVING



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym for All 7:00am – 9:00am	Open Gym for All 5:00am – 6:00am	Cycle & Circuit 5:15am – 6:00am	Open Gym for All 5:00am – 6:00am	Open Gym for All 5:00am – 9:00am	Open Gym for All 5:00am – 6:00am	Open Gym for All 7:00am – 8:00am
	Advanced Pickleball 6:00am – 9:00am	Open Gym for All 6:15am – 9:00am	Pickleball All Levels 6:00am – 9:00am		Advanced Pickleball 6:00am – 9:00am	HIIT 8:15am – 9:00am
Pickleball Recreational 9:00am – 10:00am	Strength & Conditioning 9:30am – 10:15am	Interval Training 9:30am – 10:15am	Open Gym for All 9:00am – 2:00pm	Interval Training 9:30am – 10:15am	Strength & Conditioning 9:30am – 10:15am	Cycling 9:30am – 10:30am
Pickleball All Levels 10:00am – 2:00pm	Low Impact Cycling 10:30am – 11:15am	Yoga 10:30am – 11:30am		Yoga 10:30am – 11:30am	Cycling 10:30am – 11:15am Open Gym for All 10:30-11:15am (half)	Jr. Cavs Basketball League Games 10:45am – 2:00pm
	Open Gym for All 10:30-11:15am (half) 11:15am – 2:00pm	Open Gym for All 11:45am – 1:00pm		Open Gym for All 11:45am – 1:00pm	Open Gym for All 11:15am – 2:00pm	
Open Gym for All 2:00pm – 6:00pm	Pickleball All Levels 2:00pm – 4:00pm	UPK Classes 1:00pm – 2:00pm	Pickleball All Levels 2:00pm – 4:00pm	UPK Classes 1:00 – 2:00pm	Pickleball All Levels 2:00pm – 4:00pm	
		Open Gym for All 2:00pm – 4:00pm		Open Gym for All 2:00pm – 4:00pm		
	Strength & Conditioning 5:15pm – 6:00pm	Cycling 4:30pm – 5:15pm	Cycle & Circuit 4:30pm – 5:30pm	Cycling 4:30pm – 5:30pm	Open Gym for All 4:00pm – 6:00pm	
		Open Gym for All 2:00pm – 6:00pm	Balanced Boxing 5:30pm – 6:30pm	Strength & Conditioning 5:45pm – 6:30pm		Open Gym for All 5:45pm -6:45pm
Cycling 6:15pm – 7:00pm	Boxing Fitness 6:30pm – 7:30pm	BODYPUMP™ Express 6:45pm – 7:30pm	Jr. Cavs Basketball 6:45pm – 7:45pm	Teen Pick-Up Basketball 6:00pm – 10:00pm		
BODYPUMP™ 7:15pm – 8:15pm	Open Gym for All 7:30pm – 10:00pm	Pickleball All Levels 7:45pm – 9:45pm	Pickleball All Levels 8:00-9:45pm			
Open Gym for All 8:30pm – 10:00pm	Open Gym for All 8:30pm – 10:00pm					