

GROUP EXERCISE – MAIN GYM

NOVEMBER 1ST – NOVEMBER 30TH 2023



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

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		Zumba® 10:30 – 11:15am Brandon	
	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

NOVEMBER 1ST – NOVEMBER 30TH 2023



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

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.	
		Cycling 4:30 – 5:15pm Sara V.	Cycle & Circuit 4:30 – 5:30pm Sara V.	Cycling 4:30 – 5:30pm Sara V.		
	Strength & Conditioning 5:15 – 6:00pm Abby/Renae	Balanced Boxing 5:30 – 6:30pm Jim	Strength & Conditioning 5:45 – 6:30pm Chelsey			
	Cycling 6:15 – 7:00pm Abby	Boxing Fitness 6:30 – 7:30pm Jim	BODYPUMP™ Express 6:45 – 7:30pm Cristina			
	BODYPUMP™ 7:15 – 8:15pm Sara V.					

SOUTHTOWNS FAMILY YMCA

GROUP EXERCISE – STUDIO

NOVEMBER 1ST – NOVEMBER 30TH 2023

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



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 Janice		Yoga 8:00 – 8:45am Janice	Fusion 8:15 – 9:15am Kim
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	BODYPUMP™ Express 9:15 – 10:00am Melissa M.	Cardio Kickboxing 9:00 – 10:00am Jess	Mindful Movement 9:15 – 9:45am Kim
Healthy Back 10:15 – 11:00am Joy			SilverSneakers® Circuit 10:30 – 11:15am Jane			Cardio Kickboxing 10:00 – 11:00am Jess
Yoga 11:15 – 12:15pm Joy			Low Impact S&C 11:30-12:15pm Jilyana			Yoga 11:15 – 12:15pm Adrianna
		SilverSneakers® Yoga 12:00 – 12:45pm Sue		SilverSneakers® Yoga 12:00 – 12:45pm Sue		
		Special Olympics Young Athletes 5:15pm-5:45pm *Registration Required			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 Sara/Jilyana/Renae		
	Zumba® 7:00 – 7:45pm Mary	Core & More 7:00 – 7:45pm Adrianna	Zumba® 6:30 – 7:30pm Mary	Core & More 7:00 – 7:30pm Sara/Jilyana		
	Yoga 8:00 – 8:45pm Chris B.	Yoga 8:00 – 8:45pm Adrianna				