

INDEPENDENT HEALTH FAMILY YMCA
NORTH GYM SCHEDULE
 JANUARY 2024



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-5:45pm		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® Yoga 10:00am-10:45am Laura H.	Healthy Back 11:15am-12:00pm Brian C.	Silver Sneaker® Yoga 10:00am-10:45am Annette A.	
		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.
	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	Open Gym 1:00pm-7:45pm
	Pickleball** 1:30pm-3:30pm	Pickleball** 2:00pm-3:30pm Full	Pickleball** 1:30pm-3:30pm		Open Gym 3:30pm-9:45pm	Pickleball** 1:30pm-3:30pm
	Open Gym 3:30pm-5:15pm		Open Gym 3:30pm-5:15pm			
	Youth Basketball 5:30pm-6:15pm	Open Gym 3:30pm-6:00pm				
	Open Gym 6:30pm-9:45pm	HIIT 6:15pm-7:00pm Tara B.	Open Gym 7:30pm-9:45pm			
		Open Gym 7:15pm-9:45pm			Open Gym 3:30pm-9:45pm	

INDEPENDENT HEALTH FAMILY YMCA
SOUTH GYM SCHEDULE
 JANUARY 2024



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	
	Instructional Pickleball 8:30am-10:30am	Open Gym 10:00am-12:45pm	Instructional Pickleball 8:30am-10:30am	Open Gym 10:00am-12:45pm	Homeschool PE 9:00am-11:45am	
Birthday Parties* 1:30pm-4:45pm	Open Gym 10:30am-12:45pm	Instructional Pickleball 1:00pm-3:30pm	Open Gym 10:30am-12:45pm	Instructional Pickleball 1:00pm-3:30pm	Open Gym 12:00pm-12:45pm	Birthday Parties* 1:30pm-4:45pm
	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	
	SACC 3:30pm-5:15pm		Pee Wee Racers 4:30pm-5:10pm		SACC 3:30pm-5:15pm	
Family Open Gym 5:00pm-5:45pm	Pee Wee Basketball* ^{1/2} 4:30pm-5:10pm	Open Gym 5:15pm-9:45pm (No Open Gym 1/23 5pm-7pm)	Hockey 5:30pm-6:10pm		Family Programming 5:15pm-8:15pm	Family Open Gym 4:45pm-7:45pm
			Open Rockwall 1/2 6:30pm-7:00pm			
	Open Gym 5:30pm-9:45pm (No Open Gym 1/22 5pm-7pm)		Open Gym 7:15pm-9:45pm			
				Open Gym 7:30pm-9:45pm	Open Gym 8:15pm-9:45pm	

*= Requires registration.

INDEPENDENT HEALTH FAMILY YMCA
STUDIO 1 SCHEDULE
 JANUARY 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	NEW BODYPUMP® 5:45am-6:15am Christine M.	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 B.	
	NEW Core & More 6:20am-6:50am Christine M.					BODYPUMP® 8:00am-8:45am Kym S.
	Pilates 7:00am-7:45am Erica 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.	Cardio Kickboxing 9:00am-9:45am Michelle C.
BODYPUMP® 9:00am-10:00am Brett P.	Barre 10:15am-11:00am Holly Z.	Soul Fusion™ 10:00am-10:45am Lana S.	Cardio Drums 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.
NEW BODYBALANCE® 10:15 am-11:15am Erica B.						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.	
					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-7:15pm 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.		

INDEPENDENT HEALTH FAMILY YMCA
STUDIO 2 SCHEDULE
 JANUARY 2024



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-10:00am Cherish M.	Low Impact Strength & Conditioning 9:15am-9:45am Cherish M.	Pilates 9:00am-9:45am Annette A.	Low Impact Strength & Conditioning 9:15-9:45am Cherish M.	Tai Chi 8:00am-8:45am Brian C.	
					NEW Yin Yoga 9:00am-9:45am Courtney C.	
Zumba 9:30am-10:15am Mary Ellen G	Cardio Kickboxing 10:15am-11:00am Laura H.		Silver Sneaker® Stability 11:00am-11:45am Laura H.	BODYCOMBAT® 10:00am-10:45am Katarina M.	BODY SCULPT 10:00am-10:45am Lana S.	Zumba 10:30-11:30am Cherish
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 12:00-12:45pm Laura H.		Pilates 12:30pm-1:15pm Annette A.	Pee Wee Dance 11:45-12:15
				NEW Piloxing 4:30pm-5:15pm Erica B. (Starting 1/11)		
			Swim Team 5:00pm-6 :00pm Y Staff	Barre/Pilates Combo 5:30pm-6:15pm Sheila G.		
	Balanced Boxing* 6:00pm-6:45pm Sensai Al	Zumba® 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
 JANUARY 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spin Endurance 9:00am-10:30am Michelle C.	Group Cycling 5:45am-6:30am Michelle C.	Group Cycling 9:00am-9:45am Abby M.	Group Cycling 6:00 am-6:45 am Greg P.	NEW HIIT Group Cycling 5:45am-6:30am Christine M.	Group Cycling 5:45am-6:30am Michelle C.	
	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 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.**