

INDEPENDENT HEALTH FAMILY YMCA  
NORTH GYM SCHEDULE  
MARCH 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Gym 7:00am-10:15am	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.		
		Zumba® 9:00am-9:45am Annette A.	Low Impact Strength & Conditioning 9:00am-9:45am Brian C.	Silver Sneaker® Classic 10:00am-10:45am Annette A.	Silver Sneaker® Classic 9:00am-9:45am Annette A.	
	Silver Sneaker® Classic 10:15am-11:00am Linda S.	Silver Sneaker® Classic 10:00am-10:45am Annette A.	Silver Sneaker® Yoga 10:00am-10:45am Michelle B.	Healthy Back 11:15am-12:00pm Brian C.	Silver Sneaker® Yoga 10:00am-10:45am Annette A.	Silver Sneaker® Classic 9:00am-9:45am Cherish M.
	Silver Sneaker® Yoga 11:15am-12:00pm Linda S.	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.	JR. CAVS 10:00am-1:00pm
Open Gym 11:45am-5:45pm	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 (No Open Gym 3/2, 1:00pm-3:00pm)
	Pickleball** 1:30pm-3:30pm	Pickleball** 2:00pm-3:30pm Full	Pickleball** 1:30pm-3:30pm		Pickleball** 1:30pm-3:30pm	ZUMBATHON 1:00pm-3:00pm March 2nd
	Open Gym 3:30pm-5:15pm		Open Gym 3:30pm-5:15pm	Open Gym 3:30pm-9:45pm		
	Youth Basketball 5:30pm-6:15pm	Open Gym 3:30pm-6:00pm	JR. CAVS 5:30pm-7:30pm		Open Gym 3:30pm-9:45pm	
	Youth Basketball 5:30pm-6:15pm	HIIT 6:15pm-7:00pm Tara B.	Open Gym 7:30pm-9:45pm			
	Open Gym 6:30pm-9:45pm	Open Gym 7:15pm-9:45pm				

Schedule Subject to change, for more information please call the Independent Health YMCA (716)276-8300.

INDEPENDENT HEALTH FAMILY YMCA  
**SOUTH GYM SCHEDULE**  
 MARCH 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Mens Pick-Up Basketball</b> 7:00am-11:30am	<b>Pickleball</b> 6:00am-8:30am	<b>Pickleball</b> 6:00am-10:00am	<b>Pickleball</b> 6:00am-8:30am	<b>Pickleball</b> 6:00am-10:00am	<b>Pickleball</b> 6:00am-8:30am	<b>JR. CAVS</b> 7:00am-1:00pm
	<b>Instructional Pickleball</b> 8:30am-10:30am	<b>Open Gym</b> 10:00am-12:45pm	<b>Instructional Pickleball</b> 8:30am-10:30am	<b>Open Gym</b> 10:00am-12:45pm	<b>Homeschool PE</b> 9:00am-11:00am	
<b>Open Gym</b> 11:30am-1:15pm	<b>Open Gym</b> 10:30am-12:45pm	<b>UPK</b> 11:00am-12pm ½ GYM	<b>Open Gym</b> 10:30am-12:45pm	<b>UPK</b> 11:00am-12pm ½ GYM	<b>UPK</b> 11:00am-12pm ½ GYM	
<b>Birthday Parties*</b> 1:30pm-4:45pm	<b>UPK</b> 11:00am-12pm ½ GYM	<b>Instructional Pickleball</b> 1:00pm-3:30pm	<b>UPK</b> 11:00am-12pm ½ GYM	<b>Instructional Pickleball</b> 1:00pm-3:30pm	<b>Open Gym</b> 12:00pm-12:45pm	<b>Birthday Parties*</b> 1:30pm-4:45pm
	<b>Pickleball</b> 1:00pm-3:30pm	<b>SACC</b> 3:30pm-5:15pm ½ GYM	<b>Pickleball</b> 1:00pm-4:00pm	<b>SACC</b> 3:30pm-5:15pm ½ GYM	<b>Pickleball</b> 1:00pm-3:30pm	
	<b>SACC</b> 3:30pm-5:15pm ½ GYM	<b>Pee Wee Basketball</b> 4:30pm-5:10pm ½ GYM	<b>Pee Wee Racers</b> 4:30pm-5:10pm	<b>Pee Wee Basketball</b> 4:30pm-5:10pm ½ GYM	<b>SACC</b> 3:30pm-5:15pm	
<b>Family Open Gym</b> 5:00pm-5:45pm	<b>Pee Wee Basketball*</b> ½ 4:30pm-5:10pm	<b>JR. CAVS</b> 5:30pm-7:30pm	<b>Hockey</b> 5:30pm-6:10pm	<b>JR. CAVS</b> 5:30pm-7:30pm	<b>Family Programming</b> 5:15pm-8:15pm	<b>Family Open Gym</b> 4:45pm-7:45pm
	<b>JR. CAVS</b> 5:30pm-7:30pm	<b>Open Gym</b> 7:30pm-9:45pm	<b>Open Rockwall ½</b> 6:30pm-7:00pm			
			<b>Open Gym</b> 7:15pm-9:45pm	<b>Open Gym</b> 7:30pm-9:45pm	<b>Open Gym</b> 8:15pm-9:45pm	
	<b>Open Gym</b> 7:30pm-9:45pm					

\*= Requires registration.

Schedule Subject to change, for more information please call the Independent Health YMCA (716)276-8300.

INDEPENDENT HEALTH FAMILY YMCA  
**STUDIO 1 SCHEDULE**  
MARCH 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>BODYPUMP®</b> 5:45am-6:15am Christine M.	<b>BODYPUMP®</b> 5:30am-6:15am Brett P.	<b>Yin Yoga &amp; Meditation</b> 7:00am-7:45am Choon H.	<b>BODYPUMP®</b> 5:30am-6:15am Brett P.	<b>Pilates</b> 7:00am-7:45am Erica B.	
	<b>Core &amp; More</b> 6:20am-6:50am Christine M.					
	<b>Pilates</b> 7:00am-7:45am Erica B.				<b>BODYPUMP®</b> 8:00am-8:45am Kym S.	<b>BODYPUMP®</b> 8:00am-8:45am Michelle C.
	<b>BODYPUMP®</b> 9:00am-10:00am Kym S.	<b>HIIT</b> 9:00am-9:45am Tara B.	<b>BODYPUMP®</b> 9:00am-10:00am Kym S.	<b>HIIT</b> 9:00am-9:45am Tara B.	<b>HIIT</b> 9:00am-9:45am Tara B.	<b>Cardio Kickboxing</b> 9:00am-9:45am Michelle C.
<b>BODYPUMP®</b> 9:00am-10:00am Brett P.	<b>Barre</b> 10:15am-11:00am Holly Z.	<b>Soul Fusion™</b> 10:00am-10:45am Lana S.	<b>Cardio Drums</b> 10:15am-11:00am Annette A.	<b>Soul Fusion</b> 10:00am-10:45am Lana S.	<b>Drums Alive</b> 10:00am-10:45am Gene G.	<b>BODYPUMP®</b> 10:00am-11:00am Rebecca K.
<b>BODYBALANCE®</b> 10:15 am-11:15am Erica B.						<b>Yoga</b> 11:15am-12:15pm Lisa W.
						<b>Silver Sneaker® Circuit</b> 11:15am-12:00pm Holly Z
<b>BODYCOMBAT®</b> 11:30am-12:15pm Katarina M.	<b>Cardio Drums</b> 12:15pm-1:00pm Jody H.				<b>BOOM® Move</b> 11:45am-12:15pm Annette A.	
<b>Cardio Step</b> 12:30-1:15pm Katarina M.	<b>Fusion</b> 5:00pm-5:45pm Shawniece B.	<b>Pilates</b> 5:00pm-6:00pm Sandy K.	<b>Barre</b> 5:00pm-5:45pm Shawniece B.	<b>Fusion</b> 5:15pm-6:00pm Cathy S.		
	<b>BODYPUMP®</b> 6:15pm-7:15pm Eleanor P.	<b>Yoga</b> 6:15pm-7:15pm Lexi G.	<b>BODYPUMP®</b> 6:15pm-7:15pm Eleanor P.	<b>Low Impact Strength &amp; Conditioning</b> 6:15pm-7:00pm Brian C.	<b>NEW</b> <b>BODYPUMP®</b> 4:45pm-5:45pm Kristen L.	

Schedule Subject to change, for more information please call the Independent Health YMCA (716)276-8300.

INDEPENDENT HEALTH FAMILY YMCA  
**STUDIO 2 SCHEDULE**  
MARCH 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Yoga</b> 7:00am-8:00am Courtney C.		<b>Yoga</b> 7:00am-8:00am Courtney C.		
		<b>Low Impact Strength &amp; Conditioning</b> 9:00am-9:45am Gene G.	<b>Pilates</b> 9:00am-9:45am Annette A.	<b>Low Impact Strength &amp; Conditioning</b> 9:00am-9:45am Linda S.	<b>Tai Chi</b> 8:00am-8:45am Brian C.	
	<b>Cardio Interval</b> 9:15am-10:00am Linda S.		<b>Low Impact Circuit</b> 10:00am-10:45am Jody H		<b>Yin Yoga</b> 9:00am-9:45am Courtney C.	
<b>Zumba</b> 9:30am-10:15am Mary Ellen G	<b>Cardio Kickboxing</b> 10:15am-11:00am Laura H.	<b>BODYCOMBAT®</b> 10:00am-10:45am Michelle B.	<b>Silver Sneaker® Stability</b> 11:00am-11:45am Laura H.	<b>BODYCOMBAT®</b> 10:00am-10:45am Katarina M.	<b>BODY SCULPT</b> 10:00am-10:45am Lana S.	<b>Zumba</b> 10:30-11:30am Cherish
<b>Yoga</b> 10:30am-11:30am Lisa W.	<b>Low Impact Circuit</b> 11:15am-12:00pm Laura H.	<b>BODYBALANCE®</b> 11:00 am-11:45am Michelle B.	<b>Parkinson's Movement</b> 12:00-12:45pm Laura H.	<b>Core &amp; More</b> 11:00am-11:45am Katarina M.	<b>Pilates</b> 12:30pm-1:15pm Annette A.	<b>Pee Wee Dance*</b> 11:45-12:15
				<b>Piloxing</b> 4:30pm-5:15pm Erica B.		
	<b>NEW</b> <b>BODYCOMBAT®</b> 5:00pm-5:45pm Carley D.		<b>NEW</b> <b>BODYCOMBAT®</b> 5:00pm-6:00pm Kristen L.	<b>Barre/Pilates Combo</b> 5:30pm-6:15pm Sheila G.		
	<b>Balanced Boxing*</b> 6:00pm-6:45pm Sensai Al	<b>Zumba®</b> 5:30pm-6:15pm Sheila G.				
	<b>Yoga</b> 7:00pm-7:45pm MaryEllen G.		<b>Tai Chi</b> 6:15pm-7:00pm Brian C.	<b>Power Yoga</b> 6:30pm-7:30pm Nadya M.		

\*= Requires registration.

Schedule Subject to change, for more information please call the Independent Health YMCA (716)276-8300.

INDEPENDENT HEALTH FAMILY YMCA  
**CYCLE ROOM/TRX CIRCUIT SCHEDULE**  
 MARCH 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Spin Endurance</b> 9:00am-10:30am Michelle C.	<b>Group Cycling</b> 5:45am-6:30am Michelle C.	<b>Group Cycling</b> 9:00am-9:45am Abby M.	<b>Group Cycling</b> 6:00 am-6:45 am Greg P.	<b>HIIT Group Cycling</b> 5:45am-6:30am Christine M.	<b>Group Cycling</b> 5:45am-6:30am Michelle C.	
	<b>Group Cycling</b> 9:30am-10:15am Ryan A.			<b>Group Cycling</b> 9:30am-10:15am Sarah C.		<b>Group Cycling</b> 9:30am-10:15am Alison C.
				<b>Parkinson’s Small Group Training</b> 11:15am-12:00pm Ed H		
	<b>Group Cycling</b> 5:00pm-5:45pm Mary Ellen G.			<b>Group Cycling</b> 5:00pm-5:45pm Shawniece B.		
		<b>Group Cycling</b> 6:15pm-7:00pm Cathy S.	<b>Group Cycling</b> 6:15pm-7:00pm Shawniece B.			

**All TRX Circuit and Small Group Training classes are located  
 on the right side of the Wellness Floor.**