

**MAIN GYM 1 – OPEN GYM, SPORTS, BASKETBALL, PICKLEBALL****MARCH 1<sup>ST</sup> – MARCH 30<sup>TH</sup> 2024****YMCA BUFFALO NIAGARA WILL BE CLOSED ON SUNDAY, MARCH 31<sup>ST</sup> IN OBSERVANCE OF EASTER.**

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	Open Gym for All 9:15am – 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	
	UPK Classes 1:00pm – 2:00pm				UPK Classes 1:00pm – 2:00pm	
Open Gym for All 1:30pm – 6:00pm	Open Gym for All 2:00pm – 8:30pm	Open Gym for All 2:00pm – 7:30pm	UPK Classes 1:00pm – 2:00pm	Open Gym for All 2:00pm – 8:30pm	Open Gym for All 2:00pm – 10:00pm	
	Pickup Basketball 8:30pm – 10:00pm	Pickup Basketball 7:30pm – 10:00pm				

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

SOUTHTOWNS FAMILY YMCA

# MAIN GYM 2 – OPEN GYM, PICKLEBALL, YOUTH SPORTS

## MARCH 1<sup>ST</sup> – MARCH 30<sup>TH</sup> 2024

YMCA BUFFALO NIAGARA WILL BE CLOSED ON SUNDAY, MARCH 31<sup>ST</sup> IN OBSERVANCE OF EASTER.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym for All 7:00am – 9:00am	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 – 10:15am		Open Gym for All 6:45am – 10:15am		Open Gym for All 6:15am – 10:15am	
Pickleball Recreational 9:00am – 10:00am	Zumba® 10:30am – 11:15am	Home School Gym 10:30am – 11:15am	Zumba® 10:30am – 11:15am		Zumba® 10:30am – 11:15am	
Pickleball All Levels 10:00am – 12:15pm	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	Jr. Cavs Basketball League Games 10:30am – 1:30pm
Open Gym for All 12:15pm – 6:00pm			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
	Open Gym for All 4:00pm – 6:15pm		Open Gym for All 4:00pm – 5:00pm		Open Gym for All 4:00pm – 10:00pm	
	Jr. Cavs Basketball League Practice 6:30pm – 8:30pm		Jr. Cavs Basketball League Practice 5:30pm – 7:30pm	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 8:30pm – 10:00pm	Youth Gymnastics 6:00pm – 6:45pm  Youth Basketball 7:00pm – 7:45pm		Open Gym for All 8:30pm – 10:00pm		
		Open Gym for All 7:30pm – 10:00pm	Open Gym for All 7:45pm – 10:00pm		Open Gym for All 8:30pm – 10:00pm	

Schedule subject to change. For more information please call 716-674-9622

SOUTHTOWNS FAMILY YMCA

# AUXILIARY GYM - GROUP EX, OPEN GYM, PICKLEBALL

## MARCH 1<sup>ST</sup> – MARCH 31<sup>ST</sup> 2024



YMCA BUFFALO NIAGARA WILL BE CLOSED ON SUNDAY, MARCH 31<sup>ST</sup> IN OBSERVANCE OF EASTER.

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
BODYPUMP™ Express 9:15am – 10:00am *Allow until 10:15am for clean up	Strength & Conditioning 9:30am – 10:15am	Interval Training 9:30am – 10:15am	Strength & Conditioning 9:30am – 10:15am	Interval Training 9:30am – 10:15am	Strength & Conditioning 9:30am – 10:15am	Cycling 9:30am – 10:30am
Pickleball All Levels 10:15am – 2:00pm	Low Impact Cycling 10:30am – 11:15am Open Gym for All 10:30-11:15am (half)	Yoga 10:30am – 11:30am	Open Gym for All 10:30am – 2:00pm	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 – 1:30pm
	Open Gym for All 11:15am – 2:00pm	Zumba® 12:00pm – 12:45pm		Open Gym for All 11:45am – 1:00pm	Open Gym for All 11:15am – 2:00pm	
	Pickleball All Levels 2:00pm – 4:45pm	UPK Classes 1:00pm – 2:00pm	Pickleball All Levels 2:00pm – 4:00pm	UPK Classes 1:00pm – 2:00pm	Pickleball All Levels 2:00pm – 4:00pm	
				Open Gym for All 2:00pm – 4:00pm		
Open Gym for All 2:00pm – 6:00pm	Cycling 4:30pm – 5:15pm	Cycling 4:30pm – 5:15pm	Cycle & Circuit 4:30pm – 5:30pm	Cycling 4:30pm – 5:30pm	Pickleball 1 court Recreational 1 court All Levels 4:00pm – 6:00pm	Open Gym for All 1:30pm – 8:00pm
		Strength & Conditioning 5:15pm – 6:00pm	Balanced Boxing 5:30pm – 6:30pm	Strength & Conditioning 5:45pm – 6:30pm		
	Cycling 6:15pm – 7:00pm	Boxing Fitness 6:30pm – 7:30pm	Pickleball All Levels 6:45pm – 9:45pm	Jr. Cavs Basketball League Practice 6:45pm – 8:45pm	Teen Pick-Up Basketball 6:00pm – 10:00pm	
	BODYPUMP™ 7:15pm – 8:15pm	Pickleball All Levels 7:45pm – 9:45pm		Open Gym for All 8:45pm – 10:00pm		
	Open Gym for All 8:30pm – 10:00pm					

Schedule subject to change. For more information please call 716-674-9622