

SOUTHTOWNS FAMILY YMCA

# GROUP EXERCISE – MAIN GYM

## 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
	<b>Fusion</b> 5:15am – 6:00am Karen		<b>Fusion &amp; Stretch</b> Fusion 5:15am – 6:00am Stretch 6:00am – 6:30am Karen		<b>Fusion</b> 5:15am – 6:00am Karen	
	<b>Low Impact Circuit</b> 8:15am – 9:00am Kathy	<b>SilverSneakers® Circuit</b> 8:15am – 9:00am Marla	<b>Low Impact Circuit</b> 8:15am – 9:00am Kathy	<b>SilverSneakers® Circuit</b> 8:15am – 9:00am Marla	<b>Low Impact Circuit</b> 8:15am – 9:00am Kathy	
	<b>SilverSneakers® Classic</b> 9:30am – 10:15am Brandon	<b>SilverSneakers® Classic</b> 9:30am – 10:15am Marla		<b>SilverSneakers® Classic</b> 9:30am – 10:15am Marla	<b>SilverSneakers® Classic</b> 9:30am – 10:15am Brandon	
	<b>Zumba®</b> 10:30am – 11:15am Sara		<b>Zumba®</b> 10:30am – 11:15am Sara		<b>Zumba®</b> 10:30am – 11:15am Brandon	
	<b>Zumba® Gold</b> 11:30am – 12:15pm Sara		<b>Zumba® Gold</b> 11:30am – 12:15pm Sara		<b>Zumba® Gold</b> 11:30am – 12:15pm Brandon	
<b>Zumba®</b> 12:30pm – 1:15pm Sara B.		<b>SilverSneakers® Classic</b> 1:00pm – 1:45pm Emily-Rose		<b>SilverSneakers® Classic</b> 1:00pm – 1:45pm Emily-Rose		

SOUTHTOWNS FAMILY YMCA

# GROUP EXERCISE – AUXILIARY GYM

## 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
		<b>Cycle &amp; Circuit</b> 5:15am – 6:00am Karen				
						<b>HIIT</b> 8:15am – 9:00am Sara V.
<b>BODYPUMP™ Express</b> 9:15am – 10:00am Melissa M. *Allow until 10:15am for clean up	<b>Strength &amp; Conditioning</b> 9:30am – 10:15am Jilyana	<b>Interval Training</b> 9:30am – 10:15am Kathy	<b>Strength &amp; Conditioning</b> 9:30am – 10:15am Kathy	<b>Interval Training</b> 9:30am – 10:15am Kathy	<b>Strength &amp; Conditioning</b> 9:30am – 10:15am Jilyana	<b>Cycling</b> 9:30am – 10:30am Sara V.
	<b>Low Impact Cycling</b> 10:30am – 11:15am Sue	<b>Yoga</b> 10:30am – 11:30am Sue		<b>Yoga</b> 10:30am – 11:30am Sue	<b>Cycling</b> 10:30am – 11:15am Cristina M.	
		<b>Zumba®</b> 12:00pm – 12:45pm Melissa T.				
		<b>Cycling</b> 4:30pm – 5:15pm Sara V.	<b>Cycle &amp; Circuit</b> 4:30pm – 5:30pm Sara V.	<b>Cycling</b> 4:30pm – 5:30pm Sara V.		
	<b>Strength &amp; Conditioning</b> 5:15pm – 6:00pm Renae	<b>Balanced Boxing</b> 5:30pm – 6:30pm Jim	<b>Strength &amp; Conditioning</b> 5:45pm – 6:30pm Chelsey	<b>HIIT</b> 5:45pm – 6:30pm Renae		
	<b>Cycling</b> 6:15pm – 7:00pm Abby	<b>Boxing Fitness</b> 6:30pm – 7:30pm Jim				
	<b>BODYPUMP™</b> 7:15pm – 8:15pm Sara V.					

SOUTHTOWNS FAMILY YMCA

# GROUP EXERCISE – STUDIO

## 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
	<b>SilverSneakers® Yoga</b> 8:00am – 8:45am Brandon		<b>Yoga</b> 8:00am – 8:45am Janice		<b>Yoga</b> 8:00am – 8:45am Janice	<b>Fusion</b> 8:15am – 9:15am Kim
	<b>Cardio Kickboxing</b> 9:00am – 10:00am Jess	<b>BODYPUMP™ Express</b> 9:15am – 10:00am Melissa M.	<b>Cardio Kickboxing</b> 9:00am – 10:00am Jess	<b>BODYPUMP™ Express</b> 9:15am – 10:00am Melissa M.	<b>Cardio Kickboxing</b> 9:00am – 10:00am Jess	<b>Mindful Movement</b> 9:15am – 9:45am Kim
<b>Healthy Back</b> 10:15am – 11:00am Joy			<b>SilverSneakers® Circuit</b> 10:30am – 11:15am Jane	<b>BODYSTEP™</b> 10:15am – 11:00am Kelly		<b>Cardio Kickboxing</b> 10:00am – 11:00am Jess
<b>Yoga</b> 11:15am – 12:15pm Joy		<b>Zumba® Step</b> 11:00am – 11:45am Melissa T.	<b>Low Impact S&amp;C</b> 11:30am – 12:15pm Jilyana			<b>Yoga</b> 11:15am – 12:15pm Adrianna
<b>Core, Legs, &amp; More</b> 12:30pm – 1:15pm Melissa T.		<b>SilverSneakers® Yoga</b> 12:00pm – 12:45pm Sue		<b>SilverSneakers® Yoga</b> 12:00pm – 12:45pm Sue		
	<b>BODYSTEP™</b> 4:15pm – 5:00pm Kelly				<b>Step Aerobics</b> 4:30pm – 5:30 pm Kim	
	<b>Core &amp; More</b> 5:00pm – 5:30pm Kelly		<b>Healthy Back</b> 5:15pm – 6:00pm Joy		<b>BODYPUMP</b> 5:45pm – 6:45pm Kelly	
	<b>Cardio Kickboxing</b> 5:45pm – 6:45pm Jess	<b>Strength &amp; Conditioning</b> 6:00pm – 6:45pm Chelsey	<b>Zumba®</b> 6:30pm – 7:30pm Mary	<b>Strength &amp; Conditioning</b> 6:00pm – 6:45pm Erin		
	<b>Zumba®</b> 7:00pm – 7:45pm Mary	<b>Core &amp; More</b> 7:00pm – 7:45pm Adrianna		<b>Core &amp; More</b> 7:00pm – 7:30pm Erin		
	<b>Yoga</b> 8:00pm – 8:45pm Chris B.	<b>Yoga</b> 8:00pm – 8:45pm Adrianna				

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