INDEPENDENT HEALTH FAMILY YMCA NORTH GYM SCHEDULE

APRIL 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Gym 7:00am-9:30am	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	
	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-8:45am
Mens Pick-Up Basketball 9:30am-1:30pm		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 10:00am-10:45am 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 11:00am-11:45pm Linda S.	Healthy Back 11:15am-12:00pm Brian C.	NEW AOA Cardio 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 1:30pm-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	
	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.

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INDEPENDENT HEALTH FAMILY YMCA SOUTH GYM SCHEDULE APRIL 2024

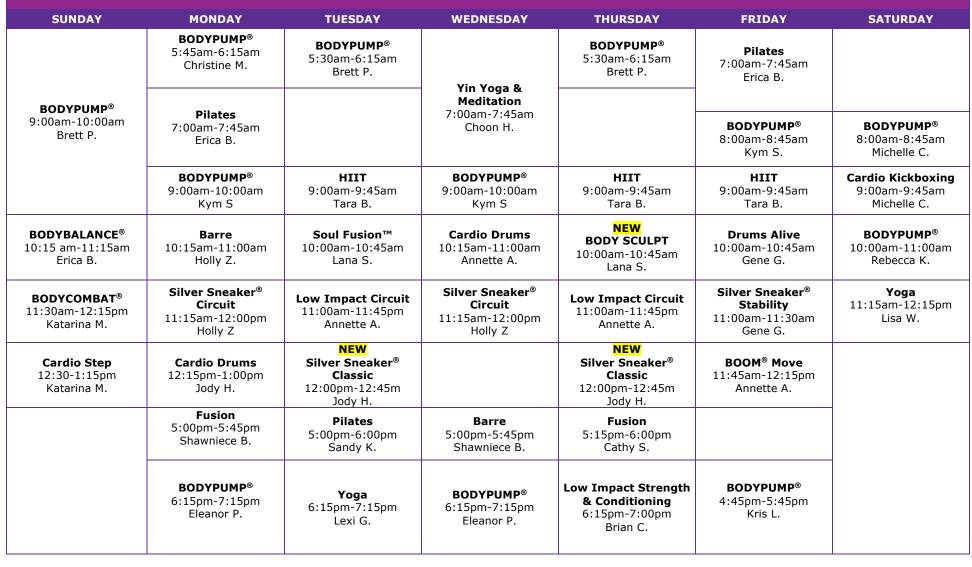


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mens Pick-Up Basketball 7:00am-11:30am	Pickleball 6:00am-8:30am	Pickleball 6:00am-10:00am	Pickleball 6:00am-8:30am	Pickleball 6:00am-10:00am	Pickleball 6:00am-8:30am	JR. CAVS* 7:00am-1:00pm
	Instructional Pickleball 8:30am-10:30am	Open Gym 10:00am-12:45pm	Instructional Pickleball 8:30am-10:30am	Open Gym 10:00am-12:45pm	Homeschool PE 9:00am-11:00am	
Open Gym 11:30am-1:15pm	Open Gym 10:30am-12:45pm	UPK 11:00am-12pm ½ GYM	Open Gym 10:30am-12:45pm	UPK 11:00am-12pm ½ GYM	UPK 11:00am-12pm ½ GYM	
Birthday Parties* 1:30pm-4:45pm	UPK 11:00am-12pm ½ GYM	Vacation Club FULL GYM (4/1-4/5)	UPK 11:00am-12pm ½ GYM	Vacation Club FULL GYM (4/1-4/5)	Vacation Club FULL GYM (4/1-4/5)	Birthday Parties* 1:30pm-4:45pm
	Vacation Club FULL GYM (4/1-4/5)	Instructional Pickleball 1:00pm-3:30pm	Vacation Club FULL GYM (4/1-4/5)	Instructional Pickleball 1:00pm-3:30pm	Open Gym 12:00pm-12:45pm	
	Pickleball 1:00pm-3:30pm	SACC* 3:30pm-4:15pm GYM	Pickleball 1:00pm-3:30pm SACC* 3:30pm-4:30pm GYM	SACC* 3:30pm-5:15pm 1⁄₂ GYM	Pickleball 1:00pm-3:30pm	
	SACC* 3:30pm-5:15pm GYM	Pickleball Basketball 4:30pm-5:10pm 1/2 GYM	Pee Wee Racers* 4:30pm-5:10pm	Pee Wee Sampler* 4:30pm-5:10pm ½ GYM	SACC* 3:30pm-5:15pm	
Family Open Gym 5:00pm-5:45pm	Pee Wee Basketball* 1/2 4:30pm-5:10pm	JR. CAVS* 5:30pm-7:30pm	Hockey ½ 5:30pm-6:10pm Teen Basketball	JR. CAVS* 5:30pm-7:30pm	Family Programming 5:15pm-8:15pm	Family Open Gym 4:45pm-7:45pm
	JR. CAVS* 5:30pm-7:30pm	Open Gym 7:30pm-9:45pm	5:30pm-6:10pm Open Rockwall ½ 6:30pm-7:00pm			
	Open Gym 7:30pm-9:45pm		Open Gym 7:15pm-9:45pm	Open Gym 7:30pm-9:45pm	Open Gym 8:15pm-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

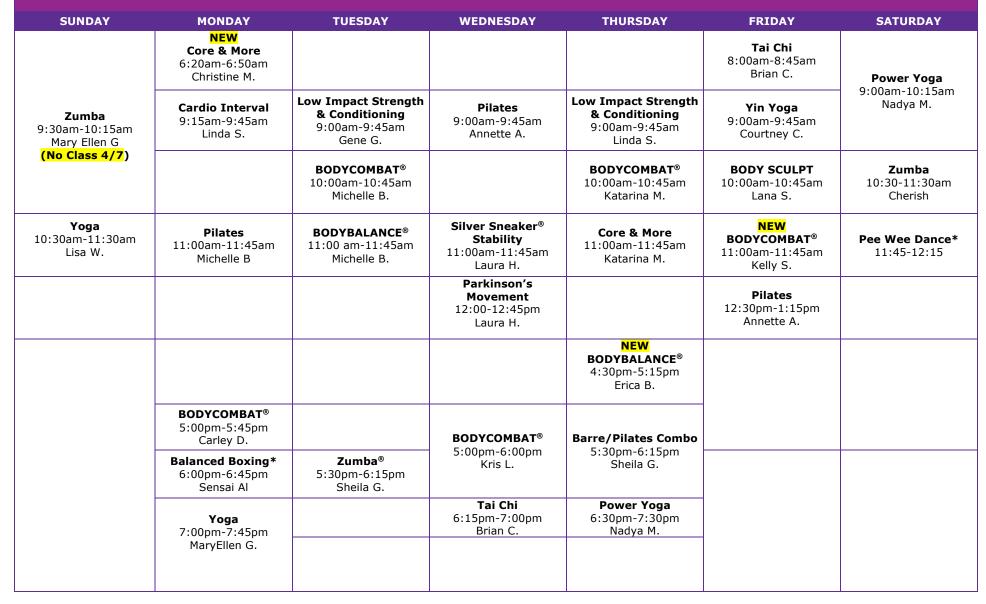
APRIL 2024



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INDEPENDENT HEALTH FAMILY YMCA STUDIO 2 SCHEDULE

APRIL 2024



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INDEPENDENT HEALTH FAMILY YMCA CYCLE ROOM/TRX CIRCUIT SCHEDULE APRIL 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NEW Group Cycling 9:00am-9:45am Ryan A.	Group Cycling 5:45am-6:30am Michelle C.		Group Cycling 6:00 am-6:45 am Greg P.	HIIT Group Cycling 5:45am-6:30am	Group Cycling 5:45am-6:30am Michelle C.	
		Group Cycling 9:00am-9:45am Abby M. (No Class 4/2)		Christine M.	Group Cycling 9:30am-10:15am	
	Group Cycling 9:30am-10:15am Ryan A. (No Class 4/1)		Group Cycling 9:30am-10:15am Sarah C. (No Class 4/3)		Alison C.	Group Cycling 9:00am-9:45am YMCA Staff
				Parkinson's Small Group Training 11:15am-12:00pm Ed H		
	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 and Small Group Training classes are located

on the right side of the Wellness Floor.