

Ken-Ton Family YMCA Group Fitness Schedule

March 2024



MEMO: Members do not forget to ask about our March Madness Fitness Challenge! Ask for more information at the front desk of your local YMCA!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kettle Bell Strength & Conditioning Brandon 9:00AM-9:45AM (Studio)	Strength & Conditioning Dave 8:00AM-8:45AM (Studio)	Kettle Bell Strength & Conditioning Brandon 9:00AM-9:45AM (Studio)	Strength & Conditioning Dave 8:00AM-8:45AM (Studio)	Bands & Body Weight Dave 8:00AM-8:45AM (Studio)	Body Pump™ Anthony 10:00AM-10:45AM (Studio)
Silver Sneakers Circuit Annette 9:15AM-9:45AM (Gym)	Healthy Back Dave 9:00AM-9:45AM (Studio)	Pilates Choon 9:00AM-9:45AM (Gym)	Healthy Back Dave 9:00AM-9:45AM (Studio)	Core & More Dave 9:00AM-9:45AM (Studio)	Yoga Sarah 11:15AM-12:00PM (Racquetball Court)
Zumba Annette 10:00AM-10:45AM (Studio)	Silver Sneakers Circuit Jen 10:00AM-10:45AM (Studio)	Silver Sneakers Classic® Choon 10:00AM-10:45AM (Gym)	Yoga Sarah 10:00AM-10:45AM (Racquetball Court)	Silver Sneakers Classic® Jen 9:30AM-10:15AM (Gym)	
Silver Sneakers Classic® Jen 10:00AM-10:45AM (Gym)	Silver Sneakers Yoga Jen 11:00AM-11:45AM (Gym)	Yoga Sarah 10:00AM-10:45AM (Studio)	Silver Sneakers Circuit Jen 10:00AM-10:45AM (Studio)	Silver Sneakers EnerChi Jen 10:30AM-11:15AM (Gym)	
	Yoga Sarah 10:00AM-10:45AM (Racquetball Court)	Yoga Mary 6:00PM-6:45PM (Studio)	Silver Sneakers Yoga Jen 11:00AM-11:45AM (Gym)		
	Strong Nation HITT Nichole 5:15PM-6:00PM (Studio)				

**Branch Hours: Monday thru Friday 6:00AM-8:00PM
Saturday 8:00AM-1:00PM**

Child Watch: Monday-Friday 5:00PM-7:00PM

Ages 3 months-12 years *YMCA Members only*

Child Watch is a benefit for Y family members (Families with Children or Individual Parent Family membership) who are involved in on-site programming. Children are supervised in a safe environment with games and activities to keep them happy while parents/guardians participate in Y programs or activities. Parents/guardians must stay on the premises. We recommend that babies be brought in with an infant seat.

Kids Time: Saturday 10:00AM-12:30PM

Ages 5-12 years *YMCA Members only*

Fun and friends await children in this supervised and safe program! Special activities have been created to keep children active and entertained while enabling parents to run errands or spend time together. Children will enjoy arts & crafts, swimming, playing in the gym and more! Children must be registered in advance by the Wednesday before the Saturday attending.

WELLNESS CENTER

CHILDREN UNDER THE AGE OF 10 ARE NOT PERMITTED IN THE WELLNESS CENTER

Ages 10-11

- Must complete orientation
- Must be accompanied by an adult at all times
- Allowed to use track and cardio equipment
- Not allowed to use free weight equipment
- May participate in group exercise classes if accompanied by an adult and at the discretion of the instructor

Ages 12-14

- Must complete orientation
- Do not need to be accompanied by an adult
- Allowed to use track and cardio equipment
- Allowed to use some strength training equipment (Ask staff to advise)
- Not allowed to use free weight equipment

Ages 15 & up

May use Wellness Center, track, and attend group exercise classes independently

Other Age Requirements

- Open/Lap Swim: 12 years old (must pass a swim test)
- Sauna: 18 years and up

Care, Honesty, Respect, and Responsibility is our motto here at the YMCA. If you cannot adhere to our motto, the YMCA member code of conduct, and our safety standards, we reserve the right to ask you to leave. Further action may be taken depending on the offense.

**Schedule subject to change. For more information, please call the Ken-Ton Branch at (716) 874-5051. *Denotes registration required*