

INDEPENDENT HEALTH FAMILY YMCA
NORTH GYM SCHEDULE
 MAY 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	Open Gym 7:00am-8:45am
	Low Impact Strength & Conditioning 9:00am-9:45am Tara B.		Instructional Pickleball 7:30am-8:45am	HIIT 9:00am-9:45am Tara B.		
Mens Pick-Up Basketball 9:30am-1:30pm	Silver Sneaker® Classic 10:00am-10:45am Linda S.	HIIT 9:00am-9:45am Tara B.	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® Yoga 11:00am-11:45pm Linda S.	Silver Sneaker® Classic 10:00am-10:45am Annette A.	Silver Sneaker® Yoga 10:00am-10:45am YMCA Staff	Healthy Back 11:15am-12:00pm Brian C.	Silver Sneaker® Yoga 10:00am-10:45am Annette A.	
	Pick-Up Basketball 12:15pm-1:30pm	Healthy Back 11:15am-12:00pm Brian C.	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.	
Open Gym 1:30pm-5:45pm	Pickleball** 1:30pm-3:30pm	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 3:30pm-9:45pm	Pickleball** 2:00pm-3:30pm Full	Pickleball** 1:30pm-3:30pm	Open Gym 3:30pm-9:45pm	Pickleball** 1:30pm-3:30pm	
		Pickleball Kids 4:30pm-5:10pm	Open Gym 3:30pm-9:45pm			
	HIIT 6:15pm-7:00pm Tara B.					
Open Gym 3:30pm-9:45pm	Open Gym 7:15pm-9:45pm		Open Gym 3:30pm-9:45pm		Open Gym 3:30pm-9:45pm	
						Open Gym 1:00pm-7:45pm (No Open Gym 3/2, 1:00pm-3:00pm)
						Silver Sneaker® Classic 9:15am-10:00am Christine E.
						Zumba 10:30-11:30am YMCA Instructor

INDEPENDENT HEALTH FAMILY YMCA
SOUTH GYM SCHEDULE
MAY 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mens Pick-Up Basketball 7:00am-11:30am	Pickleball 6:00am-9:45am	Pickleball 6:00am-8:30am	Pickleball 6:00am-8:30am	Pickleball 6:00am-8:30am	Pickleball 6:00am-8:30am	Family Open Gym 7:00am-1:00pm
		Zumba® 9:00am-9:45am Annette A.	Instructional Pickleball 8:30am-10:45	Zumba® 9:00am-9:45am Annette A.	Homeschool PE 9:00am-11:00am	
Open Gym 11:30am-1:15pm	NEW Cardio Dance 10:00am-10:45am Jody	UPK 10:00am-11pm		UPK 10:00am-11pm	UPK 11:00am-12pm ½ GYM	Open Rockwall ½ 10:00am-12:00pm
	UPK 11:00am-12pm ½ GYM	Low Impact Circuit 11:00am-11:45pm Annette A.	UPK 11:00am-12pm ½ GYM	Low Impact Circuit 11:00am-11:45pm Annette A.	Open Gym 12:00pm-12:45pm	
Birthday Parties* 1:30pm-4:45pm	Pickleball 1:00pm-3:30pm	Instructional Pickleball 1:00pm-3:30pm	Pickleball 1:00pm-3:30pm	Instructional Pickleball 1:00pm-3:30pm	Pickleball 1:00pm-3:30pm	Birthday Parties* 1:30pm-4:45pm
	SACC* 3:30pm-5:15pm GYM	SACC* 3:30pm-4:15pm GYM	SACC* 3:30pm-4:30pm GYM	SACC* 3:30pm-5:15pm ½ GYM	SACC* 3:30pm-5:15pm	
	Pee Wee Basketball* ½ 4:30pm-5:10pm	Preschool TeeBall* 4:30pm-5:10pm	Pee Wee Racers* 4:30pm-5:10pm	Pee Wee Sampler* 4:30pm-5:10pm ½ GYM		
Family Open Gym 5:00pm-5:45pm	Basketball Skills & Drills* 5:30pm-6:10pm	Basketball Skills & Drills* 5:30pm-6:10pm	4th Soccer 5:30pm-6:10pm	Flag Football* 5:30pm-6:30pm	Family Programming 5:15pm-8:15pm	Family Open Gym 4:45pm-7:45pm
	Open Gym 7:30pm-9:45pm	Open Gym 7:30pm-9:45pm	Teen Basketball 5:30pm-6:10pm	Open Gym 6:45pm-9:45pm		
			Open Rockwall ½ 6:30pm-7:00pm			
			Open Gym 7:15pm-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
 MAY 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BODYPUMP® 9:00am-10:00am Brett P.	BODYPUMP® 5:45am-6:15am Christine M. (No Class 5/6)	BODYPUMP® 5:30am-6:15am Brett P.	Yin Yoga & Meditation 7:00am-7:45am Choon H.	BODYPUMP® 5:30am-6:15am Brett P.	Pilates 7:00am-7:45am Erica	
	Pilates 7:00am-7:45am Erica B.	Core & More Coming Soon	HIIT Coming Soon	Core & More Coming Soon	BODYPUMP® 8:00am-8:45am Kym S.	BODYPUMP® 8:00am-8:45am Michelle C.
	BODYPUMP® 9:00am-10:00am Kym S	Low Impact Strength & Conditioning 9:00am-9:45am Gene G.	BODYPUMP® 9:00am-10:00am Kym S	Low Impact Strength & Conditioning 9:00am-9:45am Linda S.	HIIT 9:00am-9:45am Tara B.	Cardio Kickboxing 9:00am-9:45am Michelle C.
BODYBALANCE® 10:15 am-11:15am Erica B.	Barre 10:15am-11:00am Holly Z.	Soul Fusion™ 10:00am-10:45am Lana S.	Cardio Drums 10:15am-11:00am Annette A.	BODY SCULPT 10:00am-10:45am Lana S.	Drums Alive 10:00am-10:45am Gene G.	BODYPUMP® 10:00am-11:00am Rebecca K.
BODYCOMBAT® 11:30am-12:15pm Katarina M.	Silver Sneaker® Circuit 11:15am-12:00pm Holly Z	NEW Silver Sneaker® Classic 11:00pm-12:45m Jody H.	Silver Sneaker® Circuit 11:15am-12:00pm Holly Z	NEW Silver Sneaker® Classic 11:00pm-11:45m Jody H.	Silver Sneaker® Stability 11:00am-11:30am Gene G.	Yoga 11:15am-12:15pm Lisa W.
Cardio Step 12:30-1:15pm Katarina M.	Cardio Drums 12:15pm-1:00pm Jody H.	Silver Sneaker® Classic 12:00pm-12:45m Jody H.		Silver Sneaker® Classic 12:00pm-12:45m Jody H.	BOOM® Move 11:45am-12:15pm Annette A.	
	Fusion 5:00pm-5:45pm Shawniece B.	Pilates 5:00pm-6:00pm Sandy K.	Barre 5:00pm-5:45pm Shawniece B.	Fusion 5:15pm-6:00pm Cathy S.		
	BODYPUMP® 6:15pm-7:15pm Eleanor P.	Yoga 6:15pm-7:15pm Lexi G.	BODYPUMP® 6:15pm-7:15pm Eleanor P.	Low Impact Strength & Conditioning 6:15pm-7:00pm Brian C.	BODYPUMP® 4:45pm-5:45pm Kris L.	

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INDEPENDENT HEALTH FAMILY YMCA
STUDIO 2 SCHEDULE
MAY 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Zumba 9:30am-10:15am Mary Ellen G	Core & More 6:30am-7:00am Christine M.	Yoga 7:00am-8:00am Courtney C.		Yoga 7:00am-8:00am Courtney C.	Tai Chi 8:00am-8:45am Brian C.	Power Yoga 9:00am-10:15am Nadya M.
	Cardio Interval 9:15am-9:45am Linda S.		Pilates 9:00am-9:45am Annette A.		Yin Yoga 9:00am-9:45am Courtney C.	
					BODYCOMBAT® 10:00am-10:45am Katarina M.	BODY SCULPT 10:00am-10:45am Lana S
Yoga 10:30am-11:30am Lisa W.			Yoga Coming Soon	Core & More 11:00am-11:45am Katarina M.	BODYCOMBAT® 11:00am-11:45am Kelly S.	
			Parkinson's Movement 12:00pm-12:45pm ED		Pilates 12:30pm-1:15pm Annette A.	
				BODYBALANCE® 4:30pm-5:15pm Erica B.		
	BODYCOMBAT® 5:00pm-5:45pm Carley D.	Zumba® 5:30pm-6:15pm Sheila G.	BODYCOMBAT® 5:00pm-6:00pm Kris L.	Barre/Pilates Combo 5:30pm-6:15pm Sheila G.		
	Yoga 7:00pm-7:45pm MaryEllen G.		Tai Chi 6:15pm-7:00pm Brian C.	Power Yoga 6:30pm-7:30pm Nadya M.		

*= Requires registration.

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Group Cycling 9:00am-9:45am Ryan A.	Group Cycling 5:45am-6:30am Michelle C.	Group Cycling 9:00am-9:45am Abby M.	Group Cycling 6:00 am-6:45 am Greg P.	HIIT Group Cycling 5:45am-6:30am Christine M.	Group Cycling 5:45am-6:30am Michelle C.	Group Cycling 9:00am-9:45am YMCA Staff
	Group Cycling 9:30am-10:15am Ryan A.		Group Cycling 9:30am-10:15am Sarah C.		Group Cycling 9:30am-10:15am Alison C.	
	Group Cycling 5:00pm-5:45pm Mary Ellen G.	Group Cycling 6:15pm-7:00pm Cathy S.	Group Cycling 6:15pm-7:00pm Shawniece B.	Group Cycling 5:00pm-5:45pm Shawniece B.		

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