

MAIN GYM 1 – OPEN GYM, SPORTS, BASKETBALL, PICKLEBALL MAY 1ST – MAY 31ST 2024



YMCA BUFFALO NIAGARA WILL BE CLOSING AT 12:00PM ON MONDAY, MAY 27TH IN OBSERVANCE OF MEMORIAL DAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym for All 7:00am – 6:00pm	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	
	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	Open Gym for All 2:00pm – 7:30pm	UPK Classes 1:00pm – 2:00pm	Open Gym for All 2:00pm – 8:30pm	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	Open Gym for All 2:00pm – 10:00pm	Pickup Basketball 8:30pm – 10:00pm	

***Please be aware that enCourage, Benefit for Both, will be in MG1 from 11:30am-2:00pm on the 1st and 3rd Wednesdays of the month.
*Please recognize the 15-minute or 30-minute transition time allotted between programs for set-up and break-down.**

MAIN GYM 2 – OPEN GYM, PICKLEBALL, YOUTH SPORTS

MAY 1ST – MAY 31ST 2024



YMCA BUFFALO NIAGARA WILL BE CLOSING AT 12:00PM ON MONDAY, MAY 27TH IN OBSERVANCE OF MEMORIAL DAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Open Gym for All 7:00am – 7:45am	Fusion 5:15am – 6:00am		Fusion & Stretch 5:15am – 6:30am	Open Gym for All 5:00am – 4:45pm	Fusion 5:15am – 6:00am	Pickleball All Levels 7:00am – 12:00pm *NO Pickleball on Saturday, May 11 th due to Healthy Kids Day.	
Pickleball Recreational 8:00am – 10:00am	Open Gym for All 6:15am – 10:15am	Open Gym for All 5:00am – 10:15am	Open Gym for All 6:45am – 10:15am		Open Gym for All 6:15am – 10:15am		
	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 – 1:45pm	Open Gym for All 11:30am – 4:45pm	Open Gym for All 11:30am – 1:45pm		Open Gym for All 11:30am – 1:45pm	Open Gym for All 1:30pm – 8:00pm	
Zumba® 12:30pm – 1:30pm							Pickleball All Levels 1 court Recreational 2:00pm – 4:00pm
Open Gym for All 1:45pm – 6:00pm	Open Gym for All 4:15pm – 10:00pm		Preschool Sports Sampler 5:00pm – 5:45pm		Open Gym for All 4:15pm – 5:00pm		Preschool Racers 5:00pm – 5:45pm
			Youth Soccer 5:45pm – 6:30pm		Preschool Tumblers 5:15pm – 5:45pm		Youth Basketball Skills & Drills 6:00pm – 6:45pm
			Open Gym for All 6:45pm – 10:00pm		Youth Gymnastics 6:00pm – 6:45pm		Open Gym for All 7:00pm – 10:00pm
			Youth Ninja 7:00pm – 7:45pm				
		Open Gym for All 8:00pm – 10:00pm					

*Please recognize the 15-minute or 30-minute transition time allotted between programs for set-up and break-down.

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

SOUTHTOWNS FAMILY YMCA

AUXILIARY GYM - GROUP EX, OPEN GYM, PICKLEBALL

MAY 1ST - MAY 31ST 2024



YMCA BUFFALO NIAGARA WILL BE CLOSING AT 12:00PM ON MONDAY, MAY 27TH IN OBSERVANCE OF MEMORIAL DAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym for All 7:00am - 8:45am	Open Gym for All 5:00am - 5:45am	Cycle & Circuit 5:15am - 6:00am	Open Gym for All 5:00am - 5:45am	Open Gym for All 5:00am - 9:00am	Open Gym for All 5:00am - 5:45am	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 <small>*Transition from class to Pickleball 10-10:15am</small>	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 - 3:00pm	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 - 1:45pm	Yoga 10:30am - 11:30am	Cycling 10:30am - 11:15am Open Gym for All 10:30-11:15am (half)	Open Gym for All 10:45am - 8:00pm
	Open Gym for All 11:15am - 1:45pm	Zumba® 12:00pm - 12:45pm		Open Gym for All 11:45am - 1:00pm	Open Gym for All 11:15am - 1:45pm	
	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 3:15pm - 6:00pm	Cycling 4:30pm - 5:15pm	Cycle & Circuit 4:30pm - 5:30pm	Cycling 4:30pm - 5:30pm	Open Gym for All 6:45pm - 10:00pm	Pickleball 1 court Recreational 1 court All Levels 4:00pm - 6:00pm	
	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	Open Gym for All 6:45pm - 10:00pm	Teen Pick-Up Basketball 6:15pm - 10:00pm	
	BODYPUMP™ 7:15pm - 8:15pm	Pickleball All Levels 7:45pm - 9:45pm				
	Open Gym for All 8:30pm - 10:00pm					

***Please recognize the 15-minute or 30-minute transition time allotted between programs for set-up and break-down.**

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