

GROUP EXERCISE – MAIN GYM

MAY 1ST – MAY 31ST 2024



YMCA Buffalo Niagara will be closing at 12pm on Monday, May 27th in observance of Memorial Day

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Fusion 5:15am – 6:00am Karen		Fusion & Stretch Fusion 5:15am – 6:00am Stretch 6:00am – 6:30am Karen		Fusion 5:15am – 6:00am Karen	
	Low Impact Circuit 8:15am – 9:00am Kathy	SilverSneakers® Circuit 8:15am – 9:00am Marla	Low Impact Circuit 8:15am – 9:00am Kathy	SilverSneakers® Circuit 8:15am – 9:00am Marla	Low Impact Circuit 8:15am – 9:00am Kathy	
	SilverSneakers® Classic 9:30am – 10:15am Brandon	SilverSneakers® Classic 9:30am – 10:15am Marla		SilverSneakers® Classic 9:30am – 10:15am Marla	SilverSneakers® Classic 9:30am – 10:15am Brandon	
	Zumba® 10:30am – 11:15am Sara		Zumba® 10:30am – 11:15am Sara		Zumba® 10:30am – 11:15am Brandon	
	Zumba Gold® 11:30am – 12:15pm Sara		Zumba Gold® 11:30am – 12:15pm Sara		Zumba Gold® 11:30am – 12:15pm Brandon	
Zumba® 12:30pm – 1:30pm Sara B.		SilverSneakers® Classic 1:00pm – 1:45pm Emily-Rose		SilverSneakers® Classic 1:00pm – 1:45pm Emily-Rose		

GROUP EXERCISE – AUXILIARY GYM

MAY 1ST – MAY 31ST 2024



YMCA Buffalo Niagara will be closing at 12pm on Monday, May 27th in observance of Memorial Day

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Cycle & Circuit 5:15am – 6:00am Karen				
						HIIT 8:15am – 9:00am Sara V.
Les Mills BODYPUMP™ Express 9:15am – 10:00am Melissa M. *Allow until 10:15am for	Strength & Conditioning 9:30am – 10:15am Jilyana	Interval Training 9:30am – 10:15am Kathy	Strength & Conditioning 9:30am – 10:15am Kathy	Interval Training 9:30am – 10:15am Kathy	Strength & Conditioning 9:30am – 10:15am Jilyana	Cycling 9:30am – 10:30am Sara V.
	Low Impact Cycling 10:30am – 11:15am Sue	Yoga 10:30am – 11:30am Sue		Yoga 10:30am – 11:30am Sue	Cycling 10:30am – 11:15am Cristina M.	
		Zumba® 12:00pm – 12:45pm Melissa T.				
		Cycling 4:30pm – 5:15pm Sara V.	Cycle & Circuit 4:30pm – 5:30pm Sara V.	Cycling 4:30pm – 5:30pm Sara V.		
	HIIT 5:15pm – 6:00pm Renaë	Balanced Boxing 5:30pm – 6:30pm Jim	Strength & Conditioning 5:45pm – 6:30pm Chelsey	HIIT 5:45pm – 6:30pm Renaë		
	Cycling 6:15pm – 7:00pm Abby	Boxing Fitness 6:30pm – 7:30pm Jim				
	Les Mills BODYPUMP™ 7:15pm – 8:15pm Sara V.					

GROUP EXERCISE – STUDIO

MAY 1ST – MAY 31ST 2024



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Interval Training 6:15am – 7:00am Lisa		Interval Training 6:15am – 7:00am Lisa		
Les Mills BODYSTEP™ 8:15am – 9:00am Kelly	SilverSneakers® Yoga 8:00am – 8:45am Brandon		Yoga 8:00am – 8:45am Janice		Yoga 8:00am – 8:45am Janice	Fusion 8:15am – 9:15am Kim
	Cardio Kickboxing 9:00am – 10:00am Jess	Les Mills BODYPUMP™ Express 9:15am – 10:00am Melissa M.	Cardio Kickboxing 9:00am – 10:00am Jess	Les Mills BODYPUMP™ Express 9:15am – 10:00am Melissa M.	Cardio Kickboxing 9:00am – 10:00am Jess	Mindful Movement 9:15am – 9:45am Kim
Healthy Back 10:15am – 11:00am Joy			SilverSneakers® Circuit 10:30am – 11:15am Jane			Cardio Kickboxing 10:00am – 11:00am Jess
Yoga 11:15am – 12:15pm Joy		Zumba® Step 11:00am – 11:45am Melissa T.	Low Impact S&C 11:30am – 12:15pm Jilyana			Yoga 11:15am – 12:15pm Adrianna
Core, Legs, & More 12:30pm – 1:15pm Melissa T.		SilverSneakers® Yoga 12:00pm – 12:45pm Sue		SilverSneakers® Yoga 12:00pm – 12:45pm Sue		
					Step Aerobics 4:30pm – 5:30 pm Kim	
	Core, Legs, & More 4:45pm – 5:30pm Kelly	Les Mills BODYSTEP™ 5:00pm – 5:45pm Kelly	Healthy Back 5:15pm – 6:15pm Joy	Les Mills BODYSTEP™ 5:00pm – 5:45pm Kelly	Les Mills BODYPUMP™ 5:45pm – 6:45pm Kelly	
	Cardio Kickboxing 5:45pm – 6:45pm Jess	Strength & Conditioning 6:00pm – 6:45pm Chelsey	Zumba® 6:30pm – 7:30pm Mary	Strength & Conditioning 6:00pm – 6:45pm Erin		
	Zumba® 7:00pm – 7:45pm Mary	Core & More 7:00pm – 7:45pm Adrianna		Core & More 7:00pm – 7:30pm Erin		
	Yoga 8:00pm – 8:45pm Chris B.	Yoga 8:00pm – 8:45pm Adrianna				

