

INDEPENDENT HEALTH FAMILY YMCA  
**NORTH GYM SCHEDULE**  
 AUGUST 2024



| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  |
|---|--|--|---|--|---|---|
| <b>Family Gym</b><br>7:00am-9:30am              | <b>Open Gym</b><br>6:00am-8:45am   | <b>Open Gym</b><br>6:00am-8:45am                               | <b>Open Gym</b><br>6:00am-7:30am  | <b>Open Gym</b><br>6:00am-8:45am                               | <b>Open Gym</b><br>6:00am-8:45am  | <b>Open Gym</b><br>7:00am-8:45am  |
|   | <b>Low Impact Strength &amp; Conditioning</b><br>9:00am-9:45am<br>Tara B |  | <b>Pickleball</b><br>7:30am-8:45am  | <b>HIIT</b><br>9:00am-9:45am<br>Tara B                         |   |   |
| <b>Mens Pick-Up Basketball</b><br>9:30am-1:30pm | <b>Silver Sneaker® Classic</b><br>10:00am-10:45am<br>YMCA Instructor     | <b>HIIT</b><br>9:00am-9:45am<br>Tara B                         | <b>Low Impact Strength &amp; Conditioning</b><br>9:00am-9:45am<br>Brian C | <b>Silver Sneaker® Classic</b><br>10:00am-10:45am<br>Annette A | <b>Silver Sneaker® Classic</b><br>9:00am-9:45am<br>Annette A                | <b>Silver Sneaker® Classic</b><br>9:15am-10:00am<br>Christine E         |
|   | <b>Silver Sneaker® Yoga</b><br>11:00am-11:45pm<br>YMCA Instructor        | <b>Silver Sneaker® Classic</b><br>10:00am-10:45am<br>Annette A | <b>Silver Sneaker® Yoga</b><br>10:00am-10:45am<br>Bonnie P                | <b>Healthy Back</b><br>11:15am-12:00pm<br>Brian C              | <b>Silver Sneaker® Yoga</b><br>10:00am-10:45am<br>Annette A                 |   |
|   | <b>Silver Sneaker® Yoga</b><br>11:00am-11:45pm<br>YMCA Instructor        | <b>Healthy Back</b><br>11:15am-12:00pm<br>Brian C              | <b>AOA Cardio</b><br>11:15am- 12:00pm<br>Annette A                        | <b>Pick-Up Basketball</b><br>12:15pm-2:00pm                    | <b>Low Impact Strength &amp; Conditioning</b><br>11:15am-12:00pm<br>Brian C |   |
| <b>Open Gym</b><br>1:30pm-5:45pm                | <b>Pick-Up Basketball</b><br>12:15pm-1:30pm                              | <b>Pick-Up Basketball</b><br>12:15pm-2:00pm                    | <b>Pick-Up Basketball</b><br>12:15pm-1:30pm                               | <b>Pickleball</b><br>2:00pm-3:30 pm Full                       | <b>Pick-Up Basketball</b><br>12:15pm-1:30pm                                 | <b>Open Gym</b><br>1:00pm-7:45pm<br>(No Open Gym 3/2,<br>1:00pm-3:00pm) |
|   | <b>Pickleball**</b><br>1:30pm-3:30pm                                     | <b>Pickleball**</b><br>2:00pm-3:30pm Full                      | <b>Pickleball**</b><br>1:30pm-3:30pm                                      | <b>Open Gym</b><br>3:30pm-9:45pm                               | <b>Pickleball**</b><br>1:30pm-3:30pm  | <b>Open Gym</b><br>3:30pm-9:45pm  |
|   |  | <b>Pickleball Kids</b><br>4:30pm-5:10pm                        | <b>HIIT</b><br>6:15pm-7:00pm<br>Tara B.                                   |  |   |   |
|   |  | <b>Open Gym</b><br>3:30pm-9:45pm                               |   |  |   |   |
|   | <b>Open Gym</b><br>3:30pm-9:45pm   | <b>Open Gym</b><br>7:15pm-9:45p                                |   |  |   |   |

Schedule Subject to change, for more information please call the Independent Health YMCA (716)276-8300.

INDEPENDENT HEALTH FAMILY YMCA  
**SOUTH GYM SCHEDULE**  
 AUGUST 2024



| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY                                    | FRIDAY                                     | SATURDAY                                  |
|--|---|--|--|---|--|---|
| <b>Mens Pick-Up Basketball</b><br>7:00am-11:30am | <b>Pickleball</b><br>6:00am-8:45am              | <b>Pickleball</b><br>6:00am-8:30am             | <b>Pickleball</b><br>6:00am-8:30am               | <b>Pickleball</b><br>6:00am-8:30am          | <b>Pickleball</b><br>6:00am-8:30am         | <b>Family Open Gym</b><br>7:00am-1:00pm   |
|  | <b>Cardio Dance</b><br>9:15am-10:00am<br>Jody H | <b>Zumba®</b><br>9:00am-9:45am<br>Annette A    | <b>Instructional Pickleball</b><br>8:30am-9:45am | <b>Zumba®</b><br>9:00am-9:45am<br>Annette A |  |   |
|  | <b>Summer Camp*</b><br>10:00am-12:00pm          | <b>Summer Camp*</b><br>10:00am-12:00pm         | <b>Summer Camp*</b><br>10:00am-12:00pm           | <b>Summer Camp*</b><br>10:00am-12:00pm      | <b>Summer Camp*</b><br>10:00am-12:00pm     |   |
| <b>Birthday Parties*</b><br>1:30pm-4:45pm        | <b>Open Gym</b><br>12:00pm-12:45pm              | <b>Open Gym</b><br>12:00pm-12:45pm             | <b>Open Gym</b><br>12:00pm-12:45pm               | <b>Open Gym</b><br>12:00pm-12:45pm          | <b>Open Gym</b><br>12:00pm-12:45pm         | <b>Birthday Parties*</b><br>1:30pm-4:45pm |
|  | <b>Summer Camp*</b><br>1:00m-4:00pm             | <b>Summer Camp*</b><br>1:00m-4:00pm            | <b>Summer Camp*</b><br>1:00m-4:00pm              | <b>Summer Camp*</b><br>1:00m-4:00pm         | <b>Summer Camp*</b><br>1:00m-4:00pm        |   |
|  |   | <b>Preschool TeeBall 1/2*</b><br>5:00pm-5:45pm | <b>Open Gym</b><br>4:00pm-4:30pm                 |   |  |   |
| <b>Family Open Gym</b><br>5:00pm-5:45pm          | <b>Open Gym</b><br>4:15pm-9:45pm                | <b>Open Gym</b><br>5:45pm-9:45pm               | <b>Preschool Soccer 1/2*</b><br>5:00pm- 5:45pm   | <b>Open Gym</b><br>4:15pm-9:45pm            | <b>Family Programming</b><br>5:15pm-8:15pm | <b>Family Open Gym</b><br>4:45pm-7:45pm   |
|  |   |  | <b>Open Gym</b><br>5:45pm- 6:30pm                |   |  |   |
|  |   |  | <b>Open Rockwall 1/2</b><br>6:30pm-7:00pm        |   |  |   |
|  |   |  | <b>Open Gym</b><br>7:15pm-9:45pm                 |   |  |   |
|  |   |  |  |   | <b>Open Gym</b><br>8:15pm-9:45pm           |   |

\*= Requires registration.

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INDEPENDENT HEALTH FAMILY YMCA  
**STUDIO 1 SCHEDULE**  
 AUGUST 2024



| SUNDAY  | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |
|---|--|---|--|--|---|---|
| <b>BODYPUMP®</b><br>9:00am-10:00am<br>Brett P     | <b>Pilates</b><br>7:00am-7:45am<br>Erica B<br>(No Class 8/19)      | <b>BODYPUMP®</b><br>5:30am-6:15am<br>Brett P                              | <b>Yin Yoga &amp; Meditation</b><br>7:00am-7:45am<br>Choon H | <b>BODYPUMP®</b><br>5:30am-6:15am<br>Brett P                                 | <b>Pilates</b><br>7:00am-7:45am<br>Erica B                    |   |
|   |  | <b>Core &amp; More</b><br>8:00am-8:45am<br>Tara B                         | <b>HIIT</b><br>8:00am-8:45am<br>Tara B                       | <b>Core &amp; More</b><br>8:00am-8:45am<br>Tara B                            | <b>BODYPUMP®</b><br>8:00am-8:45am<br>Kym S                    | <b>BODYPUMP®</b><br>8:00am-8:45am<br>Michelle C         |
|   | <b>BODYPUMP®</b><br>9:00am-10:00am<br>Kym S                        | <b>Low Impact Strength &amp; Conditioning</b><br>9:00am-9:45am<br>Gene G. | <b>BODYPUMP®</b><br>9:00am-10:00am<br>Kym S                  | <b>Low Impact Strength &amp; Conditioning</b><br>9:00am-9:45am<br>Katerina M | <b>HIIT</b><br>9:00am-9:45am<br>Tara B                        | <b>Cardio Kickboxing</b><br>9:00am-9:45am<br>Michelle C |
| <b>BODYBALANCE®</b><br>10-15am-11:15am<br>Erica B | <b>Barre</b><br>10:15am-11:00am<br>Holly Z                         | <b>Soul Fusion™</b><br>10:00am-10:45am<br>Lana S                          | <b>Cardio Drums</b><br>10:15am-11:00am<br>Annette A          | <b>BODY SCULPT</b><br>10:00am-10:45am<br>Lana S                              | <b>Drums Alive</b><br>10:00am-10:45am<br>Gene G               | <b>BODYPUMP®</b><br>10:00am-11:00am<br>Rebecca K        |
| <b>BODYCOMBAT®</b><br>Coming Soon                 | <b>Silver Sneaker® Circuit</b><br>11:15am-12:00pm<br>Holly Z       | <b>Low Impact Circuit</b><br>11:00am-11:45pm<br>Annette A                 | <b>Silver Sneaker® Circuit</b><br>11:15am-12:00pm<br>Holly Z | <b>Low Impact Circuit</b><br>11:00am-11:45pm<br>Annette A                    | <b>Silver Sneaker® Stability</b><br>11:00am-11:30am<br>Gene G | <b>Yoga</b><br>11:15am-12:15pm<br>Lisa W                |
| <b>Cardio Step</b><br>Coming Soon                 | <b>Cardio Drums</b><br>12:15pm-1:00pm<br>Jody H<br>(No Class 8/12) | <b>Silver Sneaker® Classic</b><br>12:00pm-12:45pm<br>Jody H               |  | <b>Silver Sneaker® Classic</b><br>12:00pm-12:45pm<br>Jody H                  | <b>BOOM® Move</b><br>11:45am-12:15pm<br>Annette A.            |   |
|   | <b>Fusion</b><br>5:00pm-5:45pm<br>Shawniece B                      | <b>Pilates</b><br>5:00pm-6:00pm<br>Sandy K                                | <b>Barre</b><br>5:00pm-5:45pm<br>Shawniece B                 | <b>Fusion</b><br>5:15pm-6:00pm<br>Cathy S                                    |   |   |
|   | <b>BODYPUMP®</b><br>6:15pm-7:15pm<br>Eleanor P                     | <b>Yoga</b><br>6:15pm-7:15pm<br>Lexi G                                    | <b>BODYPUMP®</b><br>6:15pm-7:15pm<br>Eleanor P               | <b>Low Impact Strength &amp; Conditioning</b><br>6:15pm-7:00pm<br>Brian C    | <b>BODYPUMP®</b><br>4:45pm-5:45pm<br>Kris L                   |   |

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INDEPENDENT HEALTH FAMILY YMCA  
**STUDIO 2 SCHEDULE**  
 AUGUST 2024



| SUNDAY                                    | MONDAY   | TUESDAY                                    | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY                                       |
|---|--|--|---|---|--|--|
| <b>Zumba</b><br>9:30am-10:15am<br>Robyn S | <b>Core &amp; More</b><br>6:30am-7:00am<br>Christine M | <b>Yoga</b><br>7:00am-8:00am<br>Courtney C |   | <b>Yoga</b><br>7:00am-8:00am<br>Courtney C              | <b>Tai Chi</b><br>8:00am-8:45am<br>Brian C       | <b>Power Yoga</b><br>9:00am-10:15am<br>Nadya M |
|   |  |  | <b>Pilates</b><br>9:00am-9:45am<br>Annette A.           | <b>Tai Chi</b><br>9:00am-9:45am<br>Gene G               | <b>Yin Yoga</b><br>9:00am-9:45am<br>Courtney C   |  |
|   | <b>BODYCOMBAT®</b><br>10:00am-10:45am<br>Diana R       |  | <b>Zumba Gold</b><br>10:00am-10:45am<br>Robyn S         | <b>BODYCOMBAT®</b><br>10:00am-10:45am<br>Katarina M     | <b>BODY SCULPT</b><br>10:00am-10:45am<br>Lana S  |  |
| <b>Yoga</b><br>10:30am-11:30am<br>Lisa W  | <b>NEW Pilates</b><br>11:00am-11:45am<br>Erin G        |  | <b>Yoga</b><br>11:00am-11:45am<br>Bonnie P              | <b>Core &amp; More</b><br>11:00am-11:45am<br>Katarina M | <b>BODYCOMBAT®</b><br>11:00am-11:45am<br>Kelly S |  |
|   | <b>NEW Yoga</b><br>Erin G<br>12:00pm-12:45pm           |  | <b>NEW Parkinsons Movement</b><br>12:00-12:45pm<br>Ed H |   | <b>Pilates</b><br>12:30pm-1:15pm<br>Annette A    |  |
|   |  | <b>Zumba®</b><br>5:30pm-6:30pm<br>Brenda R |   | <b>Barre/Pilates Combo</b><br>5:30pm-6:15pm<br>Sheila G |  |  |
|   |  |  | <b>Tai Chi</b><br>6:15pm-7:00pm<br>Brian C              | <b>Yoga</b><br>Coming Soon                              |  |  |
|   | <b>Yoga</b><br>Coming Soon                             |  |   | <b>Zumba®</b><br>Coming Soon                            |  |  |

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INDEPENDENT HEALTH FAMILY YMCA  
**CYCLE ROOM/TRX CIRCUIT SCHEDULE**  
 AUGUST 2024



| SUNDAY | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |
|--------|---|--|--|--|---|---|
|        | <b>Group Cycling</b><br>5:45am-6:30am<br>Michelle C |  | <b>Group Cycling</b><br>6:00 am-6:45 am<br>Greg P    |  | <b>Group Cycling</b><br>5:45am-6:30am<br>Michelle C |   |
|        | <b>Group Cycling</b><br>9:30am-10:15am<br>Ryan A    | <b>Group Cycling</b><br>9:30am-10:15am<br>Abby M | <b>Group Cycling</b><br>9:30am-10:15am<br>Sarah C    |  |   | <b>Group Cycling</b><br>9:00am-9:45am<br>YMCA Staff |
|        | <b>Low Impact Group Cycling</b><br>Coming Soon      |  |  |  |   |   |
|        | <b>Group Cycling</b><br>Coming Soon                 | <b>Group Cycling</b><br>6:15pm-7:00pm<br>Cathy S | <b>Group Cycling</b><br>6:15pm-7:00pm<br>Shawniece B | <b>Group Cycling</b><br>5:00pm-5:45pm<br>Shawniece B |   |   |
|        |   |  |  |  |   |   |

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