

INDEPENDENT HEALTH FAMILY YMCA
NORTH GYM SCHEDULE
 JULY 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		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 YMCA Instructor	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® Classic 9:15am-10:00am Christine E
	Silver Sneaker® Yoga 11:00am-11:45pm YMCA Instructor	Silver Sneaker® Classic 10:00am-10:45am Annette A	Silver Sneaker® Yoga 10:00am-10:45am Bonnie P	Healthy Back 11:15am-12:00pm Brian C	Silver Sneaker® Yoga 10:00am-10:45am Annette A	
	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	Zumba 10:30-11:30am Brenda R	
Open Gym 1:30pm-5:45pm	Pick-Up Basketball 12:15pm-1:30pm	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 1:00pm-7:45pm (No Open Gym 3/2, 1:00pm-3:00pm)
	Pickleball** 1:30pm-3:30pm	Pickleball** 2:00pm-3:30pm Full	Pickleball** 1:30pm-3:30pm	Open Gym 3:30pm-9:45pm	Pickleball** 1:30pm-3:30pm	Open Gym 3:30pm-9:45pm
		Pickleball Kids 4:30pm-5:10pm	HIIT 6:15pm-7:00pm Tara B.			
		Open Gym 3:30pm-9:45pm				
	Open Gym 3:30pm-9:45pm	Open Gym 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
 JULY 2024
 Revised 7/1



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

*= Requires registration.

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INDEPENDENT HEALTH FAMILY YMCA
STUDIO 1 SCHEDULE
 JULY 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BODYPUMP® 9:00am-10:00am Brett P	Pilates 7:00am-7:45am Erica B	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 B	
		Core & More 8:00am-8:45am Tara B	HIIT 8:00am-8:45am Tara B	Core & More 8:00am-8:45am Tara B	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 Katerina M	HIIT 9:00am-9:45am Tara B	Cardio Kickboxing 9:00am-9:45am Michelle C
BODYBALANCE® 10-15am-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
	Silver Sneaker® Circuit 11:15am-12:00pm Holly Z	Low Impact Circuit 11:00am-11:45pm Annette A	Silver Sneaker® Circuit 11:15am-12:00pm Holly Z	Low Impact Circuit 11:00am-11:45pm Annette A	Silver Sneaker® Stability 11:00am-11:30am Gene G	Yoga 11:15am-12:15pm Lisa W
	Cardio Drums 12:15pm-1:00pm Jody H	Silver Sneaker® Classic 12:00pm-12:45pm Jody H		Silver Sneaker® Classic 12:00pm-12:45pm 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
 JULY 2024
 Revised 7/1



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Zumba 9:30am-10:15am Robyn S	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
			Pilates 9:00am-9:45am Annette A.	NEW Tai Chi 9:00am-9:45am Gene G	Yin Yoga 9:00am-9:45am Courtney C	
	NEW BODYCOMBAT® 10:00am-10:45am Diana R		NEW Zumba Gold 10:00am-10:45am Robyn S	BODYCOMBAT® 10:00am-10:45am Katarina M	BODY SCULPT 10:00am-10:45am Lana S	Core and More 10:30-11:15am David A
Yoga 10:30am-11:30am Lisa W	Pilates Coming Soon		Yoga 11:00am-11:45am Bonnie P	Core & More 11:00am-11:45am Katarina M	BODYCOMBAT® 11:00am-11:45am Kelly S	
	Yoga Coming Soon				Pilates 12:30pm-1:15pm Annette A	
		Zumba® 5:30pm-6:30pm Brenda R		Barre/Pilates Combo 5:30pm-6:15pm Sheila G		
	Yoga 7:00pm-7:45pm Bonnie P.		Tai Chi 6:15pm-7:00pm Brian C			

*= Requires registration.

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INDEPENDENT HEALTH FAMILY YMCA
CYCLE ROOM/TRX CIRCUIT SCHEDULE
 JULY2024



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

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