

INDEPENDENT HEALTH FAMILY YMCA  
**NORTH GYM SCHEDULE**  
 NOVEMBER 2024 REV. 10/30/24



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Family Open Gym</b> 7:00am-8:00am	<b>Open Gym Pickleball</b> ½ gym each 6:00am-8:30am	<b>Open Gym Pickleball</b> ½ gym each 6:00am-8:30am	<b>Open Gym Pickleball</b> ½ gym each 6:00am-8:30am	<b>Open Gym Pickleball</b> ½ gym each 6:00am-8:30am	<b>Open Gym Pickleball</b> ½ gym each 6:00am-8:30am	<b>Open Gym</b> 7:00am-8:30am
	<b>Low Impact Strength &amp; Conditioning</b> 9:00am-9:45am Tara B		<b>HIIT</b> 9:00am-9:45am Tara B	<b>HIIT</b> 9:00am-9:45am Tara B		
<b>Instructional Pickleball</b> 8:00am-9:30am	<b>Silver Sneaker® Classic</b> 10:15 am-11:00 am Linda S	<b>HIIT</b> 9:00am-9:45am Tara B	<b>Low Impact Strength &amp; Conditioning</b> 9:00am-9:45am Brian C	<b>Silver Sneaker® Classic</b> 10:15 am-11:00 am Annette A	<b>Silver Sneaker® Classic</b> 9:00am-9:45am Annette A	<b>Silver Sneaker® Classic</b> 9:00am-9:45am Sheila
		<b>Silver Sneaker® Classic</b> 10:15am-11:00am Annette A	<b>Silver Sneaker® Yoga</b> 10:00am-10:45am Bonnie P	<b>Silver Sneaker® Classic</b> 11:15 am-12:00 pm Jody	<b>Silver Sneaker® Yoga</b> 10:00am-10:45am Annette A	
<b>Men's Pick-Up Basketball</b> 9:30am-1:30pm	<b>Silver Sneaker® Yoga</b> 11:15 am-12:00 pm Linda S	<b>Silver Sneaker® Classic</b> 11:15am-12:00 pm Jody	<b>AOA Cardio</b> 11:15am- 12:00pm Annette A	<b>Pick-Up Basketball</b> 12:15pm-2:00pm	<b>Low Impact Strength &amp; Conditioning</b> 11:15am-12:00pm Brian C	<b>Jr. Cav's Basketball League</b> 10:00am-2:00pm
<b>Open gym</b> 1:30pm-5:45pm	<b>Pick-Up Basketball</b> 12:15pm-1:30pm	<b>Pick-Up Basketball</b> 12:15pm-2:00pm	<b>Pick-Up Basketball</b> 12:15pm-1:30pm	<b>Pickleball</b> 2:00pm-3:30 pm Full	<b>Pick-Up Basketball</b> 12:15pm-1:30pm	<b>Open Gym</b> 2:15pm-7:45pm
	<b>Pickleball**</b> 1:30pm-3:30pm	<b>Pickleball**</b> 2:00pm-3:30pm Full	<b>Pickleball**</b> 1:30pm-3:30pm		<b>Pickleball**</b> 1:30pm-3:30pm	<b>Pickleball**</b> 1:30pm-3:30pm
		<b>Jr Cavs Basketball Practices (Starts 9/23)</b> 5:30pm-7:30pm	<b>Pickleball Kids</b> 4:30pm-5:10pm	<b>Jr Cavs Basketball Practices (Starts 9/25)</b> 5:30pm-7:30pm	<b>Jr Cavs Basketball Practices (Starts 9/26)</b> 5:30pm-7:30pm	<b>Open Gym</b> 3:30pm-9:45pm
	<b>HIIT</b> 6:15pm-7:00pm Tara B.					

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

INDEPENDENT HEALTH FAMILY YMCA  
**SOUTH GYM SCHEDULE**  
 NOVEMBER 2024 Rev. 10/30/24



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Mens Pick-Up Basketball</b> 7:00am-11:30am	<b>Pickleball</b> 6:00am-8:45am	<b>Pickleball</b> 6:00am-8:30am	<b>Pickleball</b> 6:00am-8:30am	<b>Pickleball</b> 6:00am-8:30am	<b>Pickleball</b> 6:00am-8:30am	<b>Open Rock Climbing wall</b> <b>11/30 ONLY</b>
		<b>Zumba®</b> 9:00am-9:45am Annette A	<b>Instructional Pickleball</b> 8:30am-9:45am	<b>Zumba®</b> 9:00am-9:45am Annette A	<b>Homeschool PE (4-7) *</b> 9:15am-10:00am	<b>Family Open Gym</b> 7:00am-7:45pm
	<b>UPK (1/2 GYM)</b> <b>10:30-11:30</b>	<b>Healthy Back</b> 11:15am-12:00pm Brian C	<b>UPK (1/2 GYM)</b> <b>10:30-11:30</b>	<b>Healthy Back</b> 11:15am-12:00pm Brian C	<b>Homeschool PE (8-12) *</b> 10:15am-11:00am <b>UPK (1/2 GYM)</b> <b>10:30-11:30</b>	<b>Jr. Cav's Basketball League</b> 8:00am-2:00pm
<b>Pickleball</b> 1:30pm-4:45pm	<b>Open Gym</b> 12:00pm-12:45pm	<b>Open Gym</b> 12:00pm-12:45pm	<b>Open Gym</b> 12:00pm-12:45pm	<b>Open Gym</b> 12:00pm-12:45pm <b>Instructional Pickleball</b> 1:00pm-3:30pm	<b>Open Gym</b> 12:00pm-12:45pm	<b>Pickleball</b> <b>3:00pm- 6:00pm</b>
	<b>Preschool Basketball (Group 1) (1/2 Gym) *</b> 4:30pm-5:15pm	<b>Open Gym</b> 4:15pm-5:15pm	<b>Preschool Basketball (Group 2) (1/2 Gym) *</b> 4:30pm-5:15pm	<b>Open Gym</b> 3:30pm-4:45pm		
<b>Family Open Gym</b> 5:00pm-5:45pm	<b>Preschool Racers (1/2 Gym) *</b> 5:30pm-6:15pm	<b>Jr Cavs Basketball Practices (Starts 9/24)</b> 5:30pm-7:30pm	<b>Youth Floor Hockey Skills &amp; Drills (1/2 Gym) *</b> 5:30pm-6:15pm	<b>Preschool Sports Sampler (1/2 Gym)</b> 4:30pm-5:15pm	<b>Family Programming</b> 5:15pm-8:15pm	<b>Open Gym</b> <b>6:00pm-7:45pm</b>
	<b>Youth Basketball (1/2 Gym) *</b> 6:30pm-7:15pm		<b>Youth Soccer (1/2 Gym) *</b> 6:30pm - 7:15pm	<b>Special Olympics (1/2 Gym)</b> 5:30pm-5:15pm		
	<b>Open Gym</b> 7:30pm-9:45pm		<b>Open Rock Climbing (1/2 gym)</b> <b>6:00pm - 7:15pm</b>			
			<b>Open Gym</b> 7:15pm-9:45pm	<b>Open Gym</b> 9:15pm-9:45pm		

\*= Requires registration.

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**\*\*SOUTH GYM CLOSED 11/24- 11/28 TURKEY TROT PACKET PICKUP**

INDEPENDENT HEALTH FAMILY YMCA  
**STUDIO 1 SCHEDULE**  
 NOVEMBER 2024 REV 10/30/24



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BODYPUMP®</b> 9:00am-10:00am Brett P	<b>Pilates</b> 7:00am-7:45am Erica B	<b>BODYPUMP®</b> 5:30am-6:15am Brett P		<b>BODYPUMP®</b> 5:30am-6:15am Brett P	<b>Core &amp; More</b> 6:30am-7:00am Erica B <b>Pilates</b> 7:00am-7:45am Erica B (No class 11/1)	<b>BODYPUMP®</b> 8:00am-8:45am Michelle C
					<b>BODYPUMP®</b> 8:00am-8:45am Kym S	
	<b>BODYPUMP®</b> 9:00am-10:00am Kym S	<b>Silver Sneaker® Circuit</b> 9:00am-9:45am Gene G	<b>BODYPUMP®</b> 9:00am-10:00am Kym S	<b>Silver Sneaker® Circuit</b> 9:00 – 9:45 am Jody H	<b>HIIT</b> 9:00am-9:45am Tara B	<b>Cardio Kickboxing</b> 9:00am-9:45am Michelle C
	<b>BODYBALANCE®</b> 10:15am-11:15am Erica B/Michelle B	<b>Barre</b> 10:15am-11:00am Holly Z	<b>BODY SCULPT</b> 10:00am-10:45am Lana S	<b>Cardio Drums</b> 10:15am-11:00am Annette A	<b>Soul Fusion™</b> 10:00am-10:45am Lana S	<b>Drums Alive</b> 10:00am-10:45am Gene G
<b>BODYCOMBAT®</b> 11:30am-12:15pm Katarina M	<b>Silver Sneaker® Circuit</b> 11:15am-12:00pm Holly Z	<b>Low Impact Circuit</b> 11:15am-12:00 pm Annette A	<b>Silver Sneaker® Circuit</b> 11:15am-12:00pm Holly Z	<b>Low Impact Circuit</b> 11:15am-12:00 pm Annette A	<b>Silver Sneaker® Stability</b> 11:00am-11:30am Gene G	<b>Yoga</b> 11:15am-12:15pm Lisa W
<b>Cardio Step</b> 12:30am-1:15pm Katarina M	<b>Cardio Drums</b> 12:15pm-1:00pm Jody H	<b>Silver Sneaker® Classic</b> 12:00pm-12:45pm Annette A		<b>Silver Sneaker® Classic</b> 12:15 – 1:00 pm Annette A	<b>BOOM® Move</b> 11:45am-12:15pm Annette A.	
	<b>Fusion</b> 5:00pm-5:45pm Shawniece B		<b>Barre</b> 5:00pm-5:45pm Shawniece B	<b>Fusion</b> 5:15pm-6:00pm Cathy S		
	<b>BODYPUMP®</b> 6:15pm-7:15pm Christine M	<b>Yoga</b> 6:15pm-7:15pm Lexi G	<b>BODYPUMP®</b> 6:15pm-7:15pm Christine M	<b>Low Impact Strength &amp; Conditioning</b> 6:15-7:00pm Brian C	<b>BODYPUMP®</b> 5pm-6pm Kris L	
				<b>ZUMBA®</b> 7:10-7:55pm Brenda R		

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INDEPENDENT HEALTH FAMILY YMCA  
**STUDIO 2 SCHEDULE**  
 NOVEMBER 2024 REV. 10/30/24



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Zumba</b> 9:30am-10:15am Mary Ellen G	<b>Core &amp; More</b> 6:30am-7:00am Christine M	<b>Yoga</b> 7:00am-8:00am Nikki C	<b>Yin Yoga &amp; Meditation</b> 7:00am-7:45am Choon H	<b>Yoga</b> 7:00am-8:00am Nikki C	<b>Tai Chi</b> 8:00am-8:45am Brian C	<b>Power Yoga</b> 8:30am-9:45am Nadya M (Starts 11/9)
	<b>Zumba®</b> 9:00 – 9:45 am Robyn		<b>Pilates</b> 9:00am-9:45am Annette A.	<b>Tai Chi</b> 9:00am-9:45am Gene G	<b>Yin Yoga</b> 9:00am-9:45am Bonnie P	
	<b>Soul Fusion™</b> 10:00am-10:45am Lana S	<b>BODYCOMBAT®</b> 10:15am-11:00am Diana R	<b>Zumba Gold</b> 10:00am-10:45am Robyn S	<b>BODYCOMBAT®</b> 10:00am-10:45am Diana	<b>BODY SCULPT</b> 10:00am-10:45am Lana S	<b>Zumba®</b> 10:00-10:45am Brenda R  <b>Zumba®</b> 11:00am-11:45am Brenda
<b>Yoga</b> 10:30am-11:30am Lisa W	<b>Yoga</b> 11:00am-12:00pm Bonnie P		<b>Yoga</b> 11:00am-12:00pm Bonnie P		<b>BODYCOMBAT®</b> 11:00am-11:45am Kelly S	
			<b>Parkinsons Movement</b> 12:15pm-12:45pm Ed H	<b>NEW Strong Nation</b> 4:30pm-5:15pm Nichole B	<b>Pilates</b> 12:30pm-1:15pm Annette A	
		<b>Zumba®</b> 5:30pm-6:15pm Sheila G	<b>Tai Chi</b> 5:15pm-6:00pm Brian C	<b>Barre/Pilates Combo</b> 5:30pm-6:15pm Sheila G		
		<b>Swim Team*</b> 6:15pm-7:00pm	<b>BODYCOMBAT®</b> 6:15pm-7:15pm Kris L	<b>Power Yoga</b> 6:30pm-7:30pm Nadya M.		

	<p><b>Yoga</b> 7:00pm-7:45pm MaryEllen G.</p>					
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**INDEPENDENT HEALTH FAMILY YMCA**  
**CYCLE ROOM/TRX CIRCUIT SCHEDULE**  
NOVEMBER 2024 REV. 10/30/24



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>NEW</b> <b>Group Cycling</b> 8:00am-8:45am Pam V</p>	<p><b>Group Cycling</b> 5:45am-6:30am Michelle C</p>	<p><b>Group Cycling</b> 9:30am-10:15am Abby M</p> <p><b>NEW</b> <b>Low Impact Cycling</b> 10:30am-11am Abby M</p>	<p><b>Group Cycling</b> 6:00 am-6:45 am Greg P</p>		<p><b>Group Cycling</b> 5:45am-6:30am Michelle C</p>	
	<p><b>Group Cycling</b> 9:30am-10:15am Ryan A</p>		<p><b>Group Cycling</b> 9am-9:45am Sarah C</p>			
<p><b>Endurance Cycle</b> 9:00am-10:30am Michelle C</p>	<p><b>Low Impact</b> <b>Group Cycling</b> 10:30am-11:00am Ryan A</p>		<p><b>Group Cycling</b> 5:00pm-5:45pm Shawniece B</p>		<p><b>Group Cycling</b> 9:00am-9:45am Alison C (No class 11/23)</p>	

	<b>Group Cycling</b> 5:00pm-5:45pm Mary Ellen G	<b>Group Cycling</b> 6:15pm-7:00pm Cathy S	<b>Group Cycling</b> 6:15pm-7:00pm Shawniece B			

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