

KEN-TON FAMILY YMCA
GYM SCHEDULE
DECEMBER 1 – DECEMBER 21, 2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Closed Sundays	OPEN GYM 6:00-9:00am	OPEN GYM 6:00-8:00am	OPEN GYM 6:00-8:30am	OPEN GYM 6:00-8:00am	OPEN GYM 6:00-9:15am	OPEN GYM (Half Court) 8:00am-11:00pm
	Silver Sneakers Circuit 9:15-9:45am Annette	PICKLEBALL 8:00-10:45am 9:45-10:45 ½ gym	Pilates 9:00-9:45am Choon	PICKLEBALL 8:45-10:45am 9:45-10:45 ½ gym	Silver Sneakers Classic 9:30-10:15am Jen	PICKLEBALL (Half Court) 8:00am-11:00pm
		Silver Sneakers Circuit – ½ Gym 10:00-10:45am Jen	Silver Sneakers Classic 10:00-10:45am Choon	Silver Sneakers Circuit – ½ Gym 10:00-10:45am Jen		
	Silver Sneakers Classic 10:00-10:45am Jen	Silver Sneakers Yoga 11:00-11:45am Jen	PICKLEBALL 11:00-1:00pm	Silver Sneakers Yoga 11:00-11:45am Jen	Silver Sneakers Enerchi 10:30-11:15am Jen	GYM EVENTS 11:00-12:00pm
	PICKLEBALL 11:00-1:00pm	Indoor Walking 12:00-1:00pm	Beginner PICKLEBALL 1:00-2:45pm	Indoor Walking 12:00-1:00pm	PICKLEBALL 11:30-1:00pm	
	Beginner PICKLEBALL 1:00-2:45pm	Preschool Basketball 4:30pm-5:15pm	OPEN GYM 3:00-7:45pm	OPEN GYM 1:15-7:45pm	Beginner PICKLEBALL 1:00-2:30pm	
		Youth Basketball Skills and Drills 5:30pm-6:15pm				
OPEN GYM 3:00-7:45pm	OPEN GYM 1:15-7:45pm			OPEN GYM 3:00-7:45pm	OPEN GYM 12:00-1:00pm	

Schedule subject to change. For more information, please call the Ken-Ton Branch at (716) 874-5051.

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TON FAMILY YMCA
GROUP FITNESS SCHEDULE
DECEMBER 1 – DECEMBER 21, 2024

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Closed Sundays	Kettle Bell Strength & Conditioning (Studio) 8:00-8:45am Jamie	Strength & Conditioning (Studio) 8:00-8:45am Dave	BODYPUMP™ (Studio) 6:15am-7am Becky	Strength & Conditioning (Studio) 8:00-8:45am Dave	Bands & Body Weight (Studio) 8:00-8:45am Dave	
	Silver Sneakers Circuit (Gym) 9:15-9:45am Annette	Healthy Back (Studio) 9:00-9:45am Dave	Kettle Bell Strength & Conditioning (Studio) 8:00-8:45am Jamie	Healthy Back (Studio) 9:00-9:45am Dave	Core & More (Studio) 9:00-9:45am Dave	
	Silver Sneakers Classic (Gym) 10:00-10:45am Jen	Yoga (Studio) 10:00-11:00am Sarah	Yoga (Studio) 10:00-11:00am Sarah			Yoga (Studio) 10:00-11:00am Sarah
	Zumba® (Studio) 10:00-10:45am Annette	Silver Sneakers Circuit (Gym) 10:00-10:45am Jen	Silver Sneakers Classic (Gym) 10:00-10:45am Choon	Silver Sneakers Circuit (Gym) 10:00-10:45am Jen	Silver Sneakers Enerchi (Gym) 10:30-11:15am Jen	BODYPUMP™ (Studio) 10:00-11:00am Anthony
	Aqua Cycle (Pool) 6:30-7:15pm Rebecca	Silver Sneakers Yoga (Gym) 11:00-11:45am Jen	Group Cycling (Studio) 11:15am-12:00pm Sarah	Silver Sneakers Yoga (Gym) 11:00-11:45am Jen		
		Les Mills BODYPUMP™ EXPRESS 5:15pm – 5:45pm Katarina	Aqua Cycle (Pool) 6:30-7:15am Rebecca			

		BODYBALANCE™ 5:45pm-6:15pm Katarina				
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Branch Hours:

Monday - Friday 6:00 am - 8:00 pm

Saturday 8:00 am -1:00 pm

Child Watch Monday – Friday 4:00 – 7:30 pm

Ages 3 months-12 years *YMCA Members only*

Child Watch is a benefit for Y family members (Family with Children or Individual Parent Family membership) who are involved in on-site programming. Children are supervised in a safe environment with games and activities to keep them happy while parents/guardians participate in Y programs or activities. Parents/guardians must stay on the premises. We recommend that babies be brought in with an infant seat.

WELLNESS CENTER

Ages 10-11

- Must complete orientation.
- Must be accompanied by an adult at all times.
- Allowed to use track and cardio equipment.
- Not allowed to use free weight equipment.
- May participate in group exercise classes, if accompanied by an adult and at the discretion of the instructor.

Ages 12-14

- Must complete orientation.
- Do not need to be accompanied by an adult.
- Allowed to use track and cardio equipment.
- Allowed to use some strength training equipment.
- Not allowed to use free weight equipment.

Ages 15 & up

May use Wellness Center, track, and attend group exercise classes independently.

Other Age Requirements:

- Open/Lap Swim: 12 years old (must pass a swim test)
- Sauna: 18 years old

Mature behavior is expected in all areas and the YMCA reserves the right to exclude anyone who does not adhere to YMCA guidelines and safety standards.

