

**INDEPENDENT HEALTH FAMILY YMCA
NORTH GYM SCHEDULE
FEBRUARY 2025**



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|--|---|---|
| Family Open Gym 7:00am-8:00am | Open Gym & Pickleball ½ gym each 6:00am-8:30am | Open Gym & Pickleball ½ gym each 6:00am-8:30am | Open Gym & Pickleball ½ gym each 6:00am-8:30am | Open Gym & Pickleball ½ gym each 6:00am-8:30am | Open Gym & Pickleball ½ gym each 6:00am-8:30am | Open Gym 7:00am-7:30am |
| Instructional Pickleball 8:00am-9:30am | Low Impact Strength & Conditioning 9:00am-9:45am Tara B | HIIT 9:00am-9:45am Tara B | Low Impact Strength & Conditioning 9:00am-9:45am Brian C | HIIT 9:00am-9:45am Tara B | SilverSneakers® Classic 9:00am-9:45am Annette A | Jr Cavs Basketball League 8:00am – 9:00am |
| Men's Pick-Up Basketball 9:30am-1:30pm | SilverSneakers® Classic 10:15 am-11:00 am Linda S | SilverSneakers® Classic 10:15am-11:00am Annette A | SilverSneakers® Yoga 10:00am-10:45am Bonnie P | Silver Sneaker® Classic 10:15 am-11:00 am Annette A | SilverSneakers® Yoga 10:00am-10:45am Annette A | Silver Sneaker® Classic 9:00am-9:45am Sheila |
| | SilverSneakers® Yoga 11:15 am-12:00 pm Linda S | SilverSneakers® Classic 11:15am-12:00 pm Jody | AOA Cardio 11:15am- 12:00pm Annette A | SilverSneakers® Classic 11:15 am-12:00 pm Jody | Low Impact Strength & Conditioning 11:15am-12:00pm Brian C | Jr Cavs Basketball League 10:00am - 12:30pm |
| Open gym 1:30pm-5:45pm | Pick-Up Basketball 12:00pm-1:45pm | Pick-Up Basketball 12:00pm-1:45pm | Pick-Up Basketball 12:00pm-1:45pm | Pick-Up Basketball 12:00pm-1:45pm | Pick-Up Basketball 12:00pm-1:45pm | Open Gym 1:00pm – 3:00pm |
| | Pickleball** 1:45pm-3:45pm Full | Pickleball** 1:45pm-3:45pm Full | Pickleball** 1:45pm-3:45pm Full | Pickleball** 1:45pm-3:45pm Full | Pickleball** 1:45pm-3:45pm Full | Pickleball 3:00pm- 6:00pm |
| | Family Open Gym 3:45 pm – 5:30pm | Family Open Gym 3:45 pm – 4:30pm Pickleball Kids 4:30pm-5:10pm | Family Open Gym 3:45 pm – 5:30pm | Family Open Gym 3:45 pm – 5:30pm | Open Gym 3:45pm-7:45pm | |
| | Jr Cavs Basketball Practice 5:30pm – 7:30pm | HIIT 6:15pm-7:00pm Tara B. | Jr Cavs Basketball Practice 5:30pm – 7:30pm | Jr Cavs Basketball Practice 5:30pm – 7:30pm | | |
| | Adult Open Gym 19+ 8pm-9:45pm | Pickleball 7:30pm-9:00pm | Adult Open Gym 19+ 8pm-9:45pm | Adult Open Gym 19+ 8pm-9:45pm | Adult Open Gym 19+ 8pm-9:45pm | Open Gym 6:15pm-7:45pm |

*= Requires registration.

** Please note these times are subject to change based on school cancellations/weather cancellation.

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

Family Open Gym - designed as a free space for families to enjoy fun activities that do not occupy large portions of the gym via basketball games, pickleball matches, etc.

Adult Open Gym - dictates that only members aged 19+ may enter or if under 19, they must be accompanied by a legal guardian.

INDEPENDENT HEALTH FAMILY YMCA
SOUTH GYM SCHEDULE
FEBRUARY 2025



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|--|---|---|
| Men's Pick-Up Basketball 7:00am-11:30am | Pickleball 6:00am-8:30am | 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-7:45pm |
| | Low Impact Circuit 9:00am-9:45 am Jody | Zumba® 9:00am-9:45am Annette A | Instructional Pickleball 8:30am-9:45am | Zumba® 9:00am-9:45am Annette A | Homeschool PE * 9:15am-11:00am | |
| | UPK (1/2 Gym) 10:30am-11:30am | Healthy Back 11:15am-12:00pm Brian C | UPK (1/2 Gym) 10:30am-11:30am | Healthy Back 11:15am-12:00pm Brian C | UPK (1/2 Gym) 10:30am-11:30am | Jr Cavs Basketball League * 8:00am - 12:30pm |
| Pickleball 1:30pm-4:45pm | Pickup Basketball 12:00pm-1:45pm | Pickup Basketball 12:00pm-1:45pm | Pickup Basketball 12:00pm-1:45pm | Pickup Basketball 12:00pm-1:00pm | Pickup Basketball 12:00pm-1:45pm | |
| | Pickleball ** 1:45pm - 3:45pm Full | Pickleball** 1:45pm - 3:45pm Full | Pickleball ** 1:45pm - 3:45pm Full | Instructional Pickleball ** 1:00pm-3:30pm Full | Pickleball ** 1:45pm - 3:45pm Full | |
| | Family Open Gym 3:45pm - 5:15pm | Family Open Gym 3:45pm - 5:15pm | Family Open Gym 3:45pm - 5:15pm | Family Open Gym 3:45pm - 5:15pm | Family Open Gym 3:45pm - 5:15pm | |
| | SACC (1/2 Gym) 4:30pm-5:15pm | SACC (1/2 Gym) 4:30pm-5:15pm | SACC (1/2 Gym) 4:30pm-5:15pm | SACC (1/2 Gym) 4:30pm-5:15pm | SACC (1/2 Gym) 4:30pm-5:15pm | |
| Family Open Gym 5:00pm-5:45pm | Jr Cavs Basketball Practices (1/2 Gym) 5:30pm-6:30pm | Jr Cavs Basketball Practices 5:30pm-7:30pm | Youth Flag Football Skills & Drills (1/2 Gym) * 5:30pm-6:15pm | Jr Cavs Basketball Practices (1/2) Gym 5:30pm-6:30pm | Family Programming 5:15pm-8:15pm | Open Gym 1pm-7:45pm <i>**Second Saturday of every month is occupied for Kids Night Out from 4pm-7pm**</i> |
| | Preschool Racers (1/2 Gym) * 5:30pm-6:15pm | | Youth Soccer (1/2 Gym) * 6:30pm - 7:15pm | Adult Volleyball Club* 6:30pm-9:00pm | | |
| | Youth Basketball (1/2 Gym) * 6:30pm-7:15pm | | Open Rock Climbing (1/2 gym) 6:00pm - 7:15pm | | | |
| | Open Gym 7:30pm- 8:00pm | | | | | |

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| | Adult Open Gym 19+ 8:00pm-9:45pm | Adult Open Gym 19+ 8:00pm-9:45pm | Adult Open Gym 19+ 8:0pm-9:45pm | Adult Open Gym 19+ 9:00pm-9:45pm | Adult Open Gym 19+ 8:15pm-9:45pm | |
|--|--|--|---|--|--|--|

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INDEPENDENT HEALTH FAMILY YMCA STUDIO 1 SCHEDULE FEBRUARY 2025



| 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 | | BODYPUMP® 5:30am-6:15am Brett P | Core & More 6:30am-7:00am Erica B | BODYPUMP® 8:00am-8:45am Michelle C |
| | | Core & More 8:15am-8:45am Nikki C | | Core & More 8:00am-8:45am Tara B | Pilates 7:00am-7:45am Erica B | |
| | | | | | BODYPUMP® 8:00am-8:45am Kym S | |
| | BODYPUMP® 9:00am-10:00am Kym S | SilverSneakers® Circuit 9:00am-9:45am Gene G | BODYPUMP® 9:00am-10:00am Kym S | SilverSneakers® Circuit 9:00 – 9:45 am Jody H | HIIT 9:00am-9:45am Tara B | Cardio Kickboxing 9:00am-9:45am Michelle C |
| BODYBALANCE® 10:15am-11:15am Erica B/Michelle B | Soul Fusion™ 10:00am-10:45am Lana S | BODY SCULPT 10:00am-10:45am Lana S | Cardio Drums 10:15am-11:00am Annette A | Soul Fusion™ 10:00am-10:45am Lana S. | Drums Alive 10:00am-10:45am Gene G | BODYPUMP® 10:00am-11:00am Rebecca K |
| BODYCOMBAT® 11:30am-12:15pm Katarina M | SilverSneakers® Circuit 11:15am-12:00pm Jody H | Low Impact Circuit 11:15am-12:00 pm Annette A | SilverSneakers® Circuit 11:15am-12:00pm Michelle B. | Low Impact Circuit 11:15am-12:00 pm Annette A | SilverSneakers® Stability 11:00am-11:30am Gene G | Yoga 11:15am-12:15pm Lisa W |
| Cardio Step 12:30am-1:15pm Katarina M | Cardio Drums 12:15pm-1:00pm Jody H | SilverSneakers® Classic 12:15 pm-1:00 pm Jody H | NEW SilverSneakers Classic 12:15pm – 1:00pm Michelle B | SilverSneakers® Classic 12:15 – 1:00 pm Jody H | | |
| | Fusion 5:00pm-5:45pm Shawniece B | | Barre 5:00pm-5:45pm Shawniece B | Fusion 5:15pm-6:00pm Cathy S | | |
| | BODYPUMP® 6:15pm-7:15pm Christine M | Yoga 6:15pm-7:15pm Lexi G | BODYPUMP® 6:15pm-7:15pm Christine M | Low Impact Strength & Conditioning 6:15-7:00pm Brian C | BODYPUMP® 5pm-6pm Kris L | |

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| | | | | ZUMBA® 7:10-7:55pm Brenda R | | |
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| INDEPENDENT HEALTH FAMILY YMCA STUDIO 2 SCHEDULE FEBRUARY 2025 | | | | | |  |
|--|--|---|---|---|---|---|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| Zumba 9:30am-10:15am Mary Ellen G | Core & More 6:30am-7:00am Christine M | Yoga 7:00am-8:00am Nikki C | NEW Yin Yoga 7:00am-8:00am Nikki C | Yoga 7:00am-8:00am Nikki C | Tai Chi 8:00am-8:45am Brian C | Yoga 9:00am-9:45am Lexi G |
| | NEW BODYBALANCE 9:00am-9:45am Linda S. | NEW Mindful Meditation 9:15am-9:45am Michelle B. | Pilates 9:00am-9:45am Annette A. | Tai Chi 9:00am-9:45am Gene G | Yin Yoga 9:00am-9:45am Bonnie P | |
| | | | BODYCOMBAT® 10:00am-11:00am Michelle B | Zumba Gold 10:00am-10:45am Robyn S | BODYCOMBAT 10:00am-11:00am Diana R | BODY SCULPT 10:00am-10:45am Lana S |
| Yoga 10:30am-11:30am Lisa W | Yoga 11:00am-12:00pm Bonnie P | Parkinsons Movement 11:15pm-12:00 pm Ed H | Yoga 11:00am-12:00pm Bonnie P | Parkinsons Movement 11:15pm-12:00 pm Ed H | | |
| | | | | | Pilates 11:00am-11:45am Annette A | |
| | | Zumba® 5:30pm-6:15pm Sheila G | Tai Chi 5:15pm-6:00pm Brian C | Barre/Pilates Combo 5:30pm-6:15pm Sheila G | | |
| | Swim Team* 6:15pm-7:00pm | | BODYCOMBAT® 6:15pm-7:15pm Kris L | Power Yoga 6:30pm-7:30pm Nadya M. | | |

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| | Yoga 7:00pm-7:45pm MaryEllen G. | NEW BODYBALANCE® 7:15pm-8:00pm Lindsay B. | | | | |
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*= Requires registration.

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INDEPENDENT HEALTH FAMILY YMCA
CYCLE ROOM
FEBRUARY 2025



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|---|---|----------|
| Group Cycling 8:00am-8:45am Pam V | Group Cycling 5:45am-6:30am Michelle C | Group Cycling 9:30am-10:15am Abby M Low Impact Cycling 10:30am-11am Abby M | 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 Sarah C | | | |
| Endurance Cycle 9:00am-10:30am Michelle C | Group Cycling Express 10:30am-11:00am Ryan A | | Group Cycling 5:00pm-5:45pm Shawniece B | Group Cycling 9:00am-9:45am Alison C | | |

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|--|---|--|--|--|--|--|
| | Group Cycling 5:00pm-5:45pm Mary Ellen G | Group Cycling 6:15pm-7:00pm Cathy S | Group Cycling 6:15pm-7:00pm Shawniece B | | | |
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All TRX Circuit and Small Group Training classes are located
on the right side of the Wellness Floor.