

**STUDIO****JANUARY 2025** Rev. 1/3/25

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Les Mills BODYPUMP™</b> 5:30am – 6:30am Holly B		<b>Les Mills BODYPUMP™</b> 5:30am – 6:30am Holly B			
	<b>SilverSneakers® Yoga</b> 8:00am – 8:45am Brandon		<b>Yoga</b> 7:00am – 7:45am Janice	<b>Les Mills BODYBALANCE™</b> 8:00am-8:45am Linda S	<b>Yoga</b> 7:00am – 7:45am Janice	<b>Fusion</b> 8:00am – 9:00am Kim
<b>Les Mills BODYSTEP™</b> 9:15am – 10:00am Kelly	<b>Cardio Kickboxing</b> 9:00am – 10:00am Jess		<b>Cardio Kickboxing</b> 9:00am – 10:00am Jess	<b>Strength &amp; Conditioning</b> 9:00am-9:45am Linda S	<b>Cardio Kickboxing</b> 9:00am – 10:00am Jess	<b>Mindful Movement</b> 9:00am – 9:45am Kim
<b>Healthy Back</b> 10:15am – 11:00am Joy	<b>Yoga</b> 11:30am -12:30pm Mary Beth		<b>SilverSneakers® Circuit</b> 10:30am – 11:15am Jane	<b>Core &amp; More</b> 11:00am – 11:45am Melissa T	<b>Les Mills BODYSTEP™</b> 10:30am-11:15am Kelly	<b>Cardio Kickboxing</b> 10:00am – 11:00am Jess
<b>Yoga</b> 11:15am – 12:15pm Joy		<b>Zumba® Step</b> 11:00am – 11:45am Melissa T				<b>Yoga</b> 11:15am – 12:15pm Adrianna
		<b>SilverSneakers® Yoga</b> 12:00pm – 12:45pm Sue	<b>SilverSneakers® Yoga</b> 12:30-1:15pm Janice	<b>SilverSneakers® Yoga</b> 12:00pm – 12:45pm Sue		
	<b>Core &amp; More</b> 4:45pm – 5:30pm Kelly	<b>Les Mills BODYSTEP™</b> 5:00pm – 5:45pm Kelly		<b>Les Mills BODYSTEP™</b> 5:00pm – 5:45pm Kelly		
	<b>Cardio Kickboxing</b> 5:45pm – 6:45pm Jess	<b>Strength &amp; Conditioning</b> 6:00pm – 6:45pm Chelsey	<b>Healthy Back</b> 5:15pm – 6:15pm Kim	<b>Strength &amp; Conditioning</b> 6:00pm – 6:45pm Erin	<b>Les Mills BODYPUMP™</b> 5:45pm – 6:45pm Kelly	
	<b>Zumba®</b> 7:00pm – 7:45pm Mary G	<b>Core &amp; More</b> 7:00pm – 7:45pm Adrianna	<b>Zumba®</b> 6:30pm – 7:30pm Mary G	<b>Core &amp; More</b> 7:00pm – 7:30pm Erin		
	<b>Yoga</b> 8:00pm – 8:45pm Chris B	<b>Yoga</b> 8:00pm – 8:45pm Adrianna		<b>Yoga</b> 7:45pm – 8:45pm Mary Beth		

# MAIN GYM 1

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Open Gym for All</b> 7:00am-12:15pm	<b>Fusion (Full Main Gym 1 &amp; 2)</b> 5:15am-6:00am Karen			<b>Fusion (Full Gym 1 &amp; 2)</b> 5:15am – 6:00am Karen		<b>Open Gym for All</b> 7:00am-7:45pm
	<b>Open Gym for All</b> 6:15am-7:15am	<b>Open Gym</b> 5:00am- 7:15am	<b>Open Gym for All</b> 5:00am-7:15am	<b>Open Gym</b> 6:15am-7:15am	<b>Open Gym for All</b> 5:00am-7:15am	
	<b>Low Impact Circuit</b> 8:15am – 9:00am Kathy B	<b>SilverSneakers® Circuit</b> 8:15am – 9:00am Marla W	<b>Low Impact Circuit</b> 8:15am – 9:00am Kathy B	<b>SilverSneakers® Circuit</b> 8:15am – 9:00am Marla W	<b>Low Impact Circuit</b> 8:15am – 9:00am Kathy B	
	<b>SilverSneakers® Classic</b> 9:30am - 10:15am Brandon F	<b>SilverSneakers® Classic</b> 9:30am – 10:15am Marla W	<b>Open Gym for All</b> 9:15am-10:15am	<b>SilverSneakers® Classic</b> 9:30am – 10:15am Marla W	<b>SilverSneakers® Classic</b> 9:30am – 10:15am Brandon F	
	<b>Zumba®</b> 10:30am – 11:15am Sara B	<b>Open Gym for All</b> 10:30am-12:45pm	<b>Zumba®</b> 10:30am – 11:15am Sara B	<b>Open Gym for All</b> 10:30am-12:45pm	<b>Zumba®</b> 10:30am – 11:15am Brandon F	
	<b>Zumba Gold®</b> 11:30am – 12:15pm Sara B	<b>SilverSneakers® Classic</b> 1:00pm – 1:45pm YMCA Staff	<b>Zumba Gold®</b> 11:30am – 12:15pm Sara B	<b>SilverSneakers® Classic</b> 1:00pm – 1:45pm YMCA Staff	<b>Zumba Gold®</b> 11:30am – 12:15pm Brandon F	
<b>Open Gym for All</b> 12:30pm-1:00pm	<b>Open Gym for All</b> 12:30pm-1:00pm	<b>Open Gym for All</b> 2:00pm-5:30pm	<b>Open Gym for All</b> 12:30pm-1:00pm	<b>Open Gym for All</b> 2:00pm-8:00pm	<b>Open Gym for All</b> 12:30pm-1:00pm	<b>Open Gym for All</b> 2:00pm-8:00pm
	<b>UPK</b> 1:00pm-2:00pm	<b>Preschool Basketball</b> 5:30pm-6:15pm	<b>UPK</b> 1:00pm-2:00pm		<b>UPK</b> 1:00pm-2:00pm	
	<b>Open Gym for All</b> 2:00pm-8:00pm	<b>Jr Cavs Evals (January 21st)</b> 5:30pm-7:00pm	<b>Open Gym for All</b> 2:00pm-8:00pm		<b>Open Gym for All</b> 2:00pm-8:00pm	
<b>Open Gym for All</b> 1:45pm-5:45pm	<b>Preschool Soccer</b> 6:30pm-7:15pm	<b>ADULT OPEN GYM**</b> 8:00pm-9:45pm		<b>ADULT OPEN GYM**</b> 8:00pm-9:45pm		
	<b>Jr Cavs Evals (January 20th)</b> 5:30pm-7:00pm	<b>Youth Ninja</b> 7:30pm-8:15pm	<b>ADULT OPEN GYM**</b> 8:00pm-9:45pm	<b>ADULT OPEN GYM**</b> 8:00pm-9:45pm	<b>ADULT OPEN GYM**</b> 8:00pm-9:45pm	<b>ADULT OPEN GYM**</b> 8:00pm-9:45pm
<b>ADULT OPEN GYM**</b> 8:00pm-9:45pm	<b>ADULT OPEN GYM**</b> 8:15pm-9:45pm					

**ADULT OPEN GYM\*\* - \*\*Denotes that members must be 19+ to utilize the space.**

\*Please be aware that the encourage Benefit for Both program will be in MG1 from 11:30am-2:00pm on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month.  
 \*Please recognize the 15-minute or 30-minute transition time allotted between programs for setup and breakdown.

SOUTHTOWNS FAMILY YMCA  
**AUXILIARY GYM**

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Open Gym for All</b> 7:00am-8:45am	<b>Open Gym for All</b> 5:00am-5:45am	<b>TRX Circuit</b> 5:15am-6:00am Karen	<b>Open Gym for All</b> 5:00am-5:45am	<b>Open Gym for All</b> 5:00am-8:00am	<b>Open Gym for All</b> 5:00am-5:45am	<b>Open Gym for All</b> 7:00am-8:00am
	<b>Advanced Pickleball</b> 6:00am-9:00am	<b>Open Gym for All</b> 6:00am-8:00am	<b>Pickleball all Levels</b> 6:00am-9:00am		<b>Advanced Pickleball</b> 6:00am-9:00am	
		<b>Interval Training</b> 8:30am – 9:15am Kathy B		<b>Interval Training</b> 8:30am – 9:15am Kathy B		<b>HIIT</b> 8:15am – 9:00am Sara V
<b>BODYPUMP™ Express</b> 9:15am-10:00am Melissa M	<b>Strength &amp; Conditioning</b> 9:30am – 10:15am Holly B	<b>BODYPUMP™ Express</b> 9:30am-10:15am Melissa M		<b>BODYPUMP™ Express</b> 9:30am-10:15am Melissa M	<b>Strength &amp; Conditioning</b> 9:30am – 10:15am Kelly O	<b>Cycling</b> 9:30am – 10:30am Sara V
<b>Pickleball All Levels</b> 10:15am-3:00pm	<b>Low Impact Cycling</b> 10:30am – 11:15am Sue K	<b>Yoga</b> 10:30am – 11:30am Sue K	<b>Open Gym for All</b> 9:00am-1:45pm	<b>Yoga</b> 10:30am – 11:30am Sue K	<b>Cycling</b> 10:30am – 11:15am Sue K	
<b>Open Gym for All</b> 3:15pm-5:45pm	<b>Open Gym for All</b> 10:30am-11:15am (half)	<b>Zumba®</b> 12:00pm – 12:45pm Melissa T	<b>Pickleball all Levels</b> 2:00pm-4:00pm	<b>Cardio Dance</b> 12:00pm – 12:45pm Melissa T	<b>Open Gym for All</b> 10:30am-11:15am (half)	<b>Open Gym</b> 2:00pm-6:45pm
	<b>Open Gym for All</b> 11:15am-1:45pm			<b>UPK</b>	<b>Open Gym for All</b> 11:15am-1:45pm	
	<b>Pickleball All Levels</b> 2:00pm-4:45pm	<b>UPK</b> 1:00-2:00pm	<b>Cycle &amp; Circuit</b> 4:30pm – 5:30pm Sara V	<b>Open Gym for All</b> 2:00pm-4:00pm	<b>Pickleball All Levels</b> 2:00pm-4:00pm	
	<b>HIIT</b> 5:15pm – 6:00pm Renae	<b>Open Gym for All</b> 2:00pm-4:00pm	<b>Les Mills Body Pump Express</b> 5:45-6:30pm Lindsay B	<b>Cycling</b> 4:30pm – 5:30pm Sara V	<b>Pickleball 1 Court Recreational 1 Court -All Levels</b> 4:00pm-6:00pm	
	<b>Cycling</b> 6:15pm – 7:00pm Abby	<b>Cycling</b> 4:30pm – 5:30pm Sara V		<b>HIIT</b> 5:45pm – 6:30pm Renae		<b>Teen Pickup Basketball</b> 6:15pm-8:00pm
	<b>Les Mills BODYPUMP™</b> 7:15pm – 8:15pm Sara V	<b>Balanced Boxing</b> 5:45-6:45pm & 6:45pm-7:45pm Jim	<b>Open Gym for All</b> 6:30pm-8:00pm	<b>Open Gym for All</b> 6:45pm-8:00pm		
	<b>ADULT OPEN GYM**</b> 8:15pm-9:45pm	<b>Pickleball All Levels</b> 8:00pm-9:45pm	<b>ADULT OPEN GYM**</b> 8:00pm-9:45pm	<b>ADULT OPEN GYM**</b> 8:00pm-9:45pm	<b>ADULT OPEN GYM**</b> 8:00pm-9:45pm	<b>**Denotes that members must be 19+ to utilize the space.</b>

Schedule subject to change. For more information, please call 716-674-9622

**SOUTHTOWNS FAMILY YMCA**  
**MAIN GYM 2**  
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
<b>OPEN GYM FOR ALL</b> 7:00am-7:45am	<b>FUSION</b> 5:15am-6:00am Karen	<b>OPEN GYM FOR ALL</b> 5:00am- 8:45am		<b>FUSION</b> 5:15am-6:00am Karen				
	<b>Open Gym for All</b> 6:15am-10:15am		<b>Open Gym for All</b> 5:00am-10:15am		<b>Open Gym for All</b> 5:00am-10:15am			
<b>Pickleball Recreational</b> 8:00am-10:00am	<b>Zumba</b> 10:30am-11:15am	<b>Homeschool PE</b> 9:00am-11:00am	<b>Zumba</b> 10:30am-11:15am		<b>Zumba</b> 10:30am-11:15am	<b>Pickleball ALL LEVELS</b> 7:00am-10:15am		
<b>Pickleball All Levels</b> 10:00am-12:15pm	<b>Open Gym for All</b> 11:30am-1:45pm		<b>Open Gym for All</b> 11:30am-1:45pm		<b>Open Gym for All</b> 11:30am-1:45pm			
<b>Zumba®</b> 12:30pm – 1:30pm Sara B	<b>Pickleball All Levels 1 Court Recreational</b> 2:00pm-4:00pm	<b>OPEN GYM FOR ALL</b> 11:00am- 5:30pm	<b>Pickleball All Levels 1 Court Recreational</b> 2:00pm-4:00pm		<b>OPEN GYM FOR ALL</b> 6:15am-8:00pm		<b>Pickleball All Levels 1 Court Recreational 1 Court</b> 2:00pm-6:00pm	
<b>Open Gym for All</b> 1:45pm-5:45pm						<b>Open Gym for All</b> 4:15pm-5:30pm		<b>Open Gym for All</b> 4:15pm-6:30pm
			<b>Jr Cavs Evals (January 20th)</b> 5:30pm-7:00pm			<b>Preschool Tumblers</b> 6:30pm-7:15pm		<b>ADULT OPEN GYM**</b> 8:00pm-9:45pm
			<b>Open Gym for All</b> 7:00pm-8:00pm			<b>Youth Gymnastics</b> 7:30pm – 8:15pm		
<b>ADULT OPEN GYM**</b> 8:00pm-9:45pm	<b>ADULT OPEN GYM**</b> 8:00pm-9:45pm	<b>ADULT OPEN GYM**</b> 8:15pm-9:45pm						
						<b>**Denotes that members must be 19+ to utilize the space.</b>		