

STUDIO

March 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Les Mills BODYPUMP™ 5:30am – 6:30am Holly B		Les Mills BODYPUMP™ 5:30am – 6:30am Holly B		Les Mills BODYPUMP™ 5:30am – 6:30am Holly B	
	SilverSneakers® Yoga 8:00am – 8:45am Brandon		Yoga 7:00am – 7:45am Janice	Les Mills BODYBALANCE™ 8:00am-8:45am Linda S	Yoga 7:00am – 7:45am Janice	Fusion 8:00am – 9:00am Kim
Les Mills BODYSTEP™ 9:15am – 10:00am Kelly	Cardio Kickboxing 9:00am – 10:00am Jess		Cardio Kickboxing 9:00am – 10:00am Jess	Strength & Conditioning 9:00am-9:45am Linda S	Cardio Kickboxing 9:00am – 10:00am Jess	Mindful Movement 9:00am – 9:45am Kim
Healthy Back 10:15am – 11:00am Joy	Yoga 11:30am -12:30pm Mary Beth	Zumba® Step 11:00am – 11:45am Melissa T	SilverSneakers® Circuit 10:30am – 11:15am Jane	Core & More 11:00am – 11:45am Melissa T	Les Mills BODYSTEP™ 10:30am-11:15am Kelly	Cardio Kickboxing 10:00am – 11:00am Jess
Yoga 11:15am – 12:15pm Joy		SilverSneakers® Yoga 12:00pm – 12:45pm Sue	SilverSneakers® Yoga 12:30-1:15pm Janice	SilverSneakers® Yoga 12:00pm – 12:45pm Sue		Yoga 11:15am – 12:15pm Adrianna
	Core & More 4:45pm – 5:30pm Kelly	Les Mills BODYSTEP™ 5:00pm – 5:45pm Kelly	Healthy Back 5:15pm – 6:15pm Kim	Les Mills BODYSTEP™ 5:00pm – 5:45pm Kelly	NEW Zumba 5:00pm-5:35pm Melissa T.	
	Cardio Kickboxing 5:45pm – 6:45pm Jess	Strength & Conditioning 6:00pm – 6:45pm Chelsey	Zumba® 6:30pm – 7:30pm Mary G	Strength & Conditioning 6:00pm – 6:45pm Core & More 7:00pm – 7:30pm Erin		
	Zumba® 7:00pm– 7:45pm Mary G	Core & More 7:00pm – 7:45pm Yoga 8:00pm –8:45pm Adrianna	Strength & Conditioning 7:35pm – 8:20pm David A	Yoga 7:45pm-8:45pm Mary Beth	Les Mills BODYPUMP™ 5:45pm – 6:45pm Kelly	
	Yoga 8:00pm – 8:45pm Chris B					

MAIN GYM 1

February 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym for All 7:00am-5:45pm	Fusion (Full Main Gym 1 & 2) 5:15am-6:00am Karen	Open Gym for All 5:00am- 8:00am	Open Gym for All 5:00am-8:00am	Fusion (Full Gym 1 & 2) 5:15am – 6:00am Karen	NEW Fusion (Full Gym 1 & 2) 5:15am – 6:00am Karen	Open Gym for All 7:00am-7:45pm
	Open Gym for All 6:15am-8:00am			Open Gym for All 6:15am-7:15am	Open Gym for All 6:15am-8:00am	
	Low Impact Circuit 8:15am – 9:00am Kathy B	SilverSneakers® Circuit 8:15am – 9:00am Marla W	Low Impact Circuit 8:15am – 9:00am Kathy B	SilverSneakers® Circuit 8:15am – 9:00am Marla W	Low Impact Circuit 8:15am – 9:00am Kathy B	
	SilverSneakers® Classic 9:30am - 10:15am Brandon F	SilverSneakers® Classic 9:30am - 10:15am Marla W	Open Gym for All 9:15am-10:15am	SilverSneakers® Classic 9:30am - 10:15am Marla W	SilverSneakers® Classic 9:30am – 10:15am Brandon F	
	Zumba® 10:30am – 11:15am Sara B	Open Gym for All 10:30am-12:45pm	Zumba® 10:30am – 11:15am Sara B	Open Gym for All 10:30am-12:45pm	Zumba® 10:30am – 11:15am Brandon F	
	Zumba Gold® 11:30am – 12:15pm Sara B	SilverSneakers® Classic 1:00pm – 1:45pm YMCA Staff	Zumba Gold® 11:30am – 12:15pm Sara B	SilverSneakers® Classic 1:00pm – 1:45pm YMCA Staff	Zumba Gold® 11:30am – 12:15pm Brandon F	
	Open Gym for All 12:30pm-1:00pm	Open Gym for All 2:00pm-5:15pm	Open Gym for All 12:30pm-1:00pm	Open Gym for All 2:00pm-8:00pm	Open Gym for All 12:30pm-1:00pm	
	UPK 1:00pm-2:00pm	Preschool Basketball 5:30pm-6:15pm	UPK 1:00pm-2:00pm		UPK 1:00pm-2:00pm	
	Open Gym for All 2:00pm-7:45pm		Open Gym for All 2:00pm-8:00pm		Open Gym for All 2:00pm-8:00pm	
		Preschool Soccer 6:30pm-7:15pm				
		Open Gym for All 7:15pm-8:00pm				
	FAMILY/ADULT OPEN GYM** 8:00pm-9:45pm	FAMILY/ADULT OPEN GYM** 8:00pm-9:45pm	FAMILY/ADULT OPEN GYM** 8:00pm-9:45pm	FAMILY/ADULT OPEN GYM** 8:00pm-9:45pm	FAMILY/ADULT OPEN GYM** 8:00pm-9:45pm	

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

SOUTHTOWNS FAMILY YMCA

MAIN GYM 2

March 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	FUSION 5:15am-6:00am Karen	Open Gym For All 5:00am-9:45am	Open Gym For All 5:00am-10:15am	FUSION 5:15am-6:00am Karen	Open Gym For All 5:00am-10:15am	
Open Gym For All 7:00am-7:45am	Open Gym For All 6:15am-10:15am					Pickleball All Levels 7:00am-10:15am
Pickleball Recreational 8:00am-10:00am		Homeschool PE 10:00am-12:00pm	Zumba® 10:30am-11:15am Sara B			Jr. Cavs Basketball League 10:30am-2:00pm
Pickleball All Levels 10:00am-12:15pm	Zumba® 10:30am-11:15am Sara B		Open Gym For All 11:30am-1:45pm	Open Gym For All 6:15am-5:15pm	Zumba® 10:30am-11:15am Brandon	
Zumba® 12:30pm-1:30pm Sara B	Open Gym For All 11:30am-1:45pm	Open Gym For All 12:00am-5:15pm	Pickleball 1 Court All Levels 1 Court Recreational 2:00pm-4:00pm		Open Gym For All 11:30am-1:45pm	Open Gym For All 2:00pm-7:45pm
Open Gym For All 1:45pm-5:45pm	Pickleball 1 Court All Levels 1 Court Recreational 2:00pm-4:00pm		Open Gym For All 4:15pm-5:15pm			
	Open Gym For All 4:15pm-5:15pm		Preschool Tumblers 5:30pm-6:15pm		Pickleball 1 Court All Levels 1 Court Recreational 2:00pm-6:00pm	MARCH 22 Main Gym 1 & Main Gym 2 Reserved for Zumba Gold Master Class 9:30am-10:30am Registration Required
			Youth Gymnastics 6:30pm-7:15pm			
	Jr. Cavs Basketball Practices 5:30pm-8:30pm	Jr. Cavs Basketball Practices 5:30pm-8:30pm	Youth Ninja 7:30pm-8:15pm	Jr. Cavs Basketball Practices 5:30pm-8:30pm	Open Gym For All 6:00pm-8:00pm	
	FAMILY/ADULT OPEN GYM** 8:30pm-9:45pm	FAMILY/ADULT OPEN GYM** 8:30pm-9:45pm	FAMILY/ADULT OPEN GYM** 8:15pm-9:45pm	FAMILY/ADULT OPEN GYM** 8:30pm-9:45pm	FAMILY/ADULT OPEN GYM** 8:00pm-9:45pm	

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

****FAMILY/ADULT OPEN GYM denotes that members must be 19+. Children under the age of 19 must be accompanied by a parent or guardian over 19 yrs to utilize the space.**

SOUTHTOWNS FAMILY YMCA
AUXILIARY GYM
MARCH 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Open Gym For All 5:00am-5:45am	TRX Circuit 5:15am-6:00am Karen	Open Gym For All 5:00am-5:45am	Open Gym For All 5:00am-8:00am	Open Gym For All 5:00am-5:45am	
Open Gym For All 7:00am-7:45am	Advanced Pickleball 6:00am-9:00am	Open Gym For All 6:15am-8:15am	Pickleball All Levels 6:00am-9:00am	Interval Training 8:30am-9:15am Kathy B	Advanced Pickleball 6:00am-9:00am	Open Gym For All 7:00am-8:00am
Cycling 8:00am-8:45am Amy M	Strength & Conditioning 9:30am-10:15am Holly B	Interval Training 8:30am-9:15am Kathy B		BODYPUMP™ Express 9:30am-10:15pm Melissa M	Strength & Conditioning 9:30am-10:15am Kelly O	HIIT 8:15am-9:00am Sara V
	Low Impact Cycling 10:30am-11:15am Sue K (half)	BODYPUMP™ Express 9:30am-10:15am Melissa M	Open Gym For All 9:00am-1:45pm	Yoga 10:30am-11:30am Sue K	Cycling 10:30am-11:15am Amy M (half)	Cycling 9:30am-10:30am Sara V
BODYPUMP™ Express 9:15am-10:00am Melissa M	Open Gym For All 10:30am-11:15am (half)	Yoga 10:30am-11:30am Sue K		Cardio Dance 12:00pm-12:45pm Melissa T	Open Gym For All 10:30am-11:15am (half) Open Gym For All 11:15am-1:45pm (full)	
Pickleball All Levels 10:15am-3:00pm	Open Gym For All 11:15am-1:45pm (full)	Zumba® 12:00pm-12:45pm Melissa T	Pickleball All Levels 2:00pm-4:00pm	UPK 1:00pm-2:00pm	Pickleball All Levels 2:00pm-4:00pm	Jr. Cavs Basketball League 10:45am-2:30pm
Open Gym For All 3:15pm-5:45pm	Pickleball All Levels 2:00pm-4:45pm	UPK 1:00pm-2:00pm		Open Gym For All 2:00pm-4:15pm	Pickleball 1 Court Recreational 1 Court All Levels 4:00pm-6:00pm	
	HIIT 5:15pm-6:00pm Renaë	Open Gym For All 2:00pm-4:15pm	Cycle Circuit 4:30pm-5:30pm Sara V	Cycling 4:30pm-5:30pm Sara V	Teen Pickup Basketball 6:15pm-8:00pm 2/14 & 2/28 only	Open Gym For All 2:30pm-7:45pm
	Cycling 6:15pm-7:00pm Abby	Cycling 4:30pm-5:30pm Sara V	BODYPUMP™ Express 5:45pm-6:30pm Lindsay B	HIIT 5:45pm-6:30pm Renaë	Parents' Night Out 6:00pm-9:00pm 3/7 only	
	LesMills BODYPUMP™ 7:15pm-8:15pm Sara V	Balancing Boxing 5:45pm-6:45pm Boxing Fitness 6:45pm-7:45pm Jim	Jr. Cavs Basketball Practices 6:45pm-8:45pm	Jr. Cavs Basketball Practices 6:45pm-8:45pm	Family Night 6:00pm-8:00pm 3/21 only	Kid's Night Out 4:30pm-7:30pm 3/15 only
	FAMILY/ADULT OPEN GYM** 8:30pm-9:45pm	Pickleball All Levels 8:00pm-9:45pm	FAMILY/ADULT OPEN GYM** 8:45pm-9:45pm	FAMILY/ADULT OPEN GYM** 8:45pm-9:45pm	FAMILY/ADULT OPEN GYM** 8:00pm-9:45pm	

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