

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Family Open Gym</b> 7:00am-8:00am	<b>Open Gym &amp; Pickleball</b> ½ gym each 6:00am-8:30am	<b>Open Gym &amp; Pickleball</b> ½ gym each 6:00am-8:30am	<b>Open Gym &amp; Pickleball</b> ½ gym each 6:00am-8:30am	<b>Open Gym &amp; Pickleball</b> ½ gym each 6:00am-8:30am	<b>Open Gym &amp; Pickleball</b> ½ gym each 6:00am-8:30am	<b>Open Gym</b> 7:00am-7:30am
<b>Instructional Pickleball</b> 8:00am-9:30am	<b>Low Impact Strength &amp; Conditioning</b> 9:00am-9:45am Tara B	<b>HIIT</b> 9:00am-9:45am Tara B	<b>Low Impact Strength &amp; Conditioning</b> 9:00am-9:45am Brian C	<b>HIIT</b> 9:00am-9:45am Tara B	<b>SilverSneakers® Classic</b> 9:00am-9:45am Annette A	<b>Jr Cavs Basketball League</b> 8:00am – 9:00am
<b>Men's Pick-Up Basketball</b> 9:30am-1:30pm	<b>SilverSneakers® Classic</b> 10:15 am-11:00 am Linda S	<b>SilverSneakers® Classic</b> 10:15am-11:00am Annette A	<b>SilverSneakers® Yoga</b> 10:00am-10:45am Bonnie P	<b>Silver Sneaker® Classic</b> 10:15 am-11:00 am Annette A	<b>SilverSneakers® Yoga</b> 10:00am-10:45am Annette A	<b>Silver Sneaker® Classic</b> 9:00am-9:45am Sheila
	<b>SilverSneakers® Yoga</b> 11:15 am-12:00 pm Linda S	<b>SilverSneakers® Classic</b> 11:15am-12:00 pm Jody	<b>AOA Cardio</b> 11:15am- 12:00pm Annette A	<b>SilverSneakers® Classic</b> 11:15 am-12:00 pm Jody	<b>Low Impact Strength &amp; Conditioning</b> 11:15am-12:00pm Brian C	<b>Jr Cavs Basketball League</b> 10:00am - 12:30pm
<b>Open gym</b> 1:30pm-5:45pm	<b>Pick-Up Basketball</b> 12:00pm-1:45pm	<b>Pick-Up Basketball</b> 12:00pm-1:45pm	<b>Pick-Up Basketball</b> 12:00pm-1:45pm	<b>Pick-Up Basketball</b> 12:00pm-1:45pm	<b>Pick-Up Basketball</b> 12:00pm-1:45pm	<b>Open Gym</b> 1:00pm – 3:00pm
	<b>Pickleball**</b> 1:45pm-3:45pm Full	<b>Pickleball**</b> 1:45pm-3:45pm Full	<b>Pickleball**</b> 1:45pm-3:45pm Full	<b>Pickleball**</b> 1:45pm-3:45pm Full	<b>Pickleball**</b> 1:45pm-3:45pm Full	<b>Pickleball</b> 3:00pm- 6:00pm
	<b>Family Open Gym</b> 3:45 pm – 5:30pm	<b>Family Open Gym</b> 3:45 pm – 5:30pm	<b>Family Open Gym</b> 3:45 pm – 5:30pm	<b>Family Open Gym</b> 3:45 pm – 5:30pm	<b>Open Gym 1/2</b> 3:45pm-7:45pm	
	<b>Jr Cavs Basketball Practice</b> 5:30pm – 7:30pm	<b>HIIT</b> 6:15pm-7:00pm Pam V/Michelle C	<b>Jr Cavs Basketball Practice</b> 5:30pm – 7:30pm	<b>Jr Cavs Basketball Practice</b> 5:30pm – 7:30pm	<b>Basketball 40+ ½ gym</b>	<b>Open Gym</b> 6:15pm-7:45pm
	<b>Adult Open Gym 19+</b> 8pm-9:45pm	<b>Pickleball</b> 7:30pm-9:00pm	<b>Adult Open Gym 19+</b> 8pm-9:45pm	<b>Adult Open Gym 19+</b> 8pm-9:45pm	<b>Adult Open Gym 19+</b> 8pm-9:45pm	

\*= 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**  
**APRIL 2025**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Men's Pick-Up Basketball</b> 7:00am-11:30am	<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>Pickleball</b> 6:00am-8:30am	<b>Family Open Gym</b> 7:00am-7:45pm
	<b>Low Impact Circuit</b> 9:00am-9:45 am Jody	<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 *</b> 9:15am-11:00am	
	<b>UPK (1/2 Gym)</b> 10:30am-11:30am	<b>Healthy Back</b> 11:15am-12:00pm Brian C	<b>UPK (1/2 Gym)</b> 10:30am-11:30am	<b>Healthy Back</b> 11:15am-12:00pm Brian C	<b>UPK (1/2 Gym)</b> 10:30am-11:30am	<b>Jr Cavs Basketball League *</b> 8:00am - 12:30pm
<b>Family open gym</b> 11:30 am -2pm	<b>Pickup Basketball</b> 12:00pm-1:45pm	<b>Pickup Basketball</b> 12:00pm-3:45pm	<b>Pickup Basketball</b> 12:00pm-1:45pm	<b>Pickup Basketball</b> 12:00pm-1:00pm	<b>Pickup Basketball</b> 12:00pm-3:45pm	
	<b>Pickleball **</b> 1:45pm - 3:45pm Full		<b>Pickleball **</b> 1:45pm - 3:45pm Full	<b>Instructional Pickleball **</b> 1:00pm-3:30pm Full		
	<b>Family Open Gym</b> 3:45pm - 5:15pm	<b>Family Open Gym</b> 3:45pm - 5:15pm	<b>Family Open Gym</b> 3:45pm - 5:15pm	<b>Family Open Gym</b> 3:45pm - 5:15pm	<b>Family Open Gym</b> 3:45pm - 5:15pm	
	<b>SACC (1/2 Gym)</b> 4:30pm-5:15pm	<b>SACC (1/2 Gym)</b> 4:30pm-5:15pm	<b>SACC (1/2 Gym)</b> 4:30pm-5:15pm	<b>SACC (1/2 Gym)</b> 4:30pm-5:15pm	<b>SACC (1/2 Gym)</b> 4:30pm-5:15pm	
<b>Birthday Parties</b> 2pm-5pm	<b>Preschool Basketball (Group 1) (1/2 Gym) *</b> 4:30pm-5:15pm	<b>Preschool Soccer (1/2 Gym) *</b> 4:30pm-5:15pm	<b>Preschool Basketball (Group 2) (1/2 Gym) *</b> 4:30pm-5:15pm	<b>Preschool Sports Sampler (1/2 Gym)</b> 4:30pm - 5:15pm		<b>Birthday Parties</b> 2pm-5pm
	<b>Jr Cavs Basketball Practices (1/2 Gym)</b> 5:30pm-6:30pm	<b>Jr Cavs Basketball Practices</b> 5:30pm-7:30pm	<b>Youth Flag Football Skills &amp; Drills (1/2 Gym) *</b> 5:30pm-6:15pm	<b>Jr Cavs Basketball Practices (1/2) Gym</b> 5:30pm-6:30pm	<b>Family Programming</b> 5:15pm-8:15pm	
	<b>Preschool Racers (1/2 Gym) *</b> 5:30pm-6:15pm		<b>Youth Soccer (1/2 Gym) *</b> 6:30pm - 7:15pm	<b>Adult Pickleball (1/2)</b> 6:30pm-9:00pm		
	<b>Youth Basketball (1/2 Gym) *</b> 6:30pm-7:15pm		<b>Open Rock Climbing (1/2 gym)</b> 6:00pm - 7:15pm	<b>Adult Volleyball Club* (1/2)</b> 6:30pm-9:00pm		
	<b>Open Gym</b> 7:30pm- 8:00pm					
<b>Adult Open Gym 19+</b> 8:00pm-9:45pm	<b>Adult Open Gym 19+</b> 8:00pm-9:45pm	<b>Adult Open Gym 19+</b> 8:0pm-9:45pm	<b>Adult Open Gym 19+</b> 9:00pm-9:45pm	<b>Adult Open Gym 19+</b> 8:15pm-9:45pm	<b>Family Open Gym</b> 5:30 - 7:45pm	

*\*\*Second Saturday of every month is occupied for Kids Night Out from 5pm-8pm\*\**

\*= Requires registration.

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 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.

**Wednesday, APRIL 16<sup>th</sup> Buffalo Rehab Group- Balance, Mobility and Cognition Assessment – 8:00am – 1:30pm South Gym CLOSED \*Registration Required**

**INDEPENDENT HEALTH FAMILY YMCA  
 STUDIO 1 SCHEDULE  
 APRIL 2025**



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>Pilates</b> 7:00am-7:45am Erica B	<b>BODYPUMP®</b> 8:00am-8:45am Michelle C
	<b>NEW BODYCOMBAT</b> 8:00am-8:45am Diana R	<b>Core &amp; More</b> 8:10am-8:50am Nikki C		<b>Core &amp; More</b> 8:00am-8:45am Tara B		
	<b>BODYPUMP®</b> 9:00am-10:00am Kym S	<b>SilverSneakers® Circuit</b> 9:00am-9:45am Gene G		<b>BODYPUMP®</b> 9:00am-10:00am Kym S	<b>SilverSneakers® Circuit</b> 9:00 – 9:45 am Jody H	
<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>BODYPUMP®</b> 10:00am-11:00am Rebecca K
<b>BODYCOMBAT®</b> 11:30am-12:15pm Katarina M	<b>SilverSneakers® Circuit</b> 11:15am-12:00pm Holly Z	<b>Low Impact Circuit</b> 11:15am-12:00 pm Annette A	<b>SilverSneakers® Circuit</b> 11:15am-12:00pm Holly Z	<b>Low Impact Cardio</b> 11:15am-12:00 pm Annette A	<b>SilverSneakers® 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>SilverSneakers® Classic</b> 12:15 pm-1:00 pm Jody H	<b>SilverSneakers Classic</b> 12:15pm – 1:00pm Michelle B	<b>SilverSneakers® Classic</b> 12:15 – 1:00 pm Jody H		
<b>BRANCH CLOSED 4/20- EASTER HOLIDAY *NO CLASSES</b>	<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>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		

**INDEPENDENT HEALTH FAMILY YMCA  
STUDIO 2 SCHEDULE  
APRIL 2025**



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</b> 7:00am-8:00am Nikki C	<b>Yoga</b> 7:00am-8:00am Nikki C	<b>Tai Chi</b> 8:00am-8:45am Brian C	<b>Power Yoga</b> 8:45am-9:45am Nadya M
	<b>BODYBALANCE</b> 9:00am-9:45am Linda S.	<b>Mindful Meditation</b> 9:15am-9:45am Michelle B.	<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> 10:00am-11:00am Michelle B	<b>Zumba Gold</b> 10:00am-10:45am Robyn S	<b>BODYCOMBAT</b> 10:00am-11:00am Diana R	<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>Parkinsons Movement</b> 11:15pm-12:00 pm Ed H	<b>Yoga</b> 11:00am-12:00pm Bonnie P	<b>Parkinsons Movement</b> 11:15pm-12:00 pm Ed H	<b>Pilates</b> 11:00am-11:45am 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>Power Yoga</b> 6:30pm-7:30pm Nadya M.		
<b>NO CLASSES 4/20 - HAPPY EASTER!</b>	<b>Yoga</b> 7:00pm-7:45pm MaryEllen G.	<b>BODYBALANCE®</b> 7:15pm-8:00pm Lindsay B.				

\*= Requires registration.

INDEPENDENT HEALTH FAMILY YMCA  
**CYCLE ROOM**  
**APRIL 2025**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Group Cycling</b> 8:00am-8:45am Pam V (No class 4/20)	<b>Group Cycling</b> 5:45am-6:30am Michelle C	<b>Group Cycling</b> 9:30am-10:15am Abby M  <b>Low Impact Cycling</b> 10:30am-11am Abby M	<b>Group Cycling</b> 6:00 am-6:45 am Greg P		<b>Group Cycling</b> 5:45am-6:30am Michelle C	
	<b>Group Cycling</b> 9:30am-10:15am Ryan A		<b>Group Cycling</b> 9:30am-10:15am Sarah C			
	<b>Group Cycling Express</b> 10:30am-11:00am Ryan A					
	<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	<b>Group Cycling</b> 5:00pm-5:45pm Shawniece B		
					<b>Group Cycling</b> 9:00am-9:45am Alison C	

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