

KEN-TON FAMILY YMCA
GROUP FITNESS SCHEDULE
MAY 2025



	MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY
Closed Sundays	Functional Strength & Conditioning (Studio) 8:00-8:45am Jamie	Strength & Conditioning (Studio) 8:00-8:45am Dave	BODYPUMP™ (Studio) 6:15-7:00am Becky	Core & More (Studio) 7:05AM-7:45am Choon	Strength & Conditioning (Studio) 8:00-8:45am Dave	Bands & Body Weight (Studio) 8:00-8:45am Dave	
	HIIT (Studio) 9:00-9:45am Jamie		Functional Strength & Conditioning (Studio) 8:00-8:45am Jamie		Healthy Back (Studio) 9:00-9:45am Dave	Core & More (Studio) 9:00-9:45am Dave	
			Pilates (Gym) 9:00-9:45am Choon	HIIT (Studio) 9:00-9:45am Jamie			
	Silver Sneakers Circuit (Gym) 9:15-9:45am Annette	Healthy Back (Studio) 9:00-9:45am Dave	Silver Sneakers Classic (Gym) 10:00-10:45am Choon		Yoga (Studio) 10:00-11:00am Sarah	Silver Sneakers Classic (Gym) 9:30-10:15am Jen	Aqua Cycle (Pool) 9:00-9:45am Rebecca 10:00-10:45am Melissa
		Yoga (Studio) 10:00-11:00am Sarah	Yoga (Studio) 10:00-11:00am Sarah	Group Cycling (Studio) 11:15am-12:00pm Sarah		Silver Sneakers Enerchi (Gym) 10:30-11:15am	
	Silver Sneakers Classic (Gym) 10:00-10:45am Jen	Silver Sneakers Circuit (Gym) 10:00-10:45am Jen	Silver Sneakers Classic (Studio) 12:15-1:00pm Claudia		Silver Sneakers Circuit (Gym) 10:00-10:45am Jen		
		Zumba® (Studio) 10:00-10:45am Annette Pilates (Studio) 5:30-6:15pm Annette Aqua Cycle (Pool) 6:30-7:15pm Rebecca	Silver Sneakers Yoga (Gym) 11:00-11:45am Jen	HIIT (Studio) 5:30pm-6:15pm Annette	Silver Sneakers Yoga (Gym) 11:00-11:45am Jen		
							Aqua Cycle (Pool) 6:30-7:15pm Rebecca
						Preschool Dance (Studio) 6:15pm-7:00pm	Youth Cheer/Dance (Studio) 7:00-7:45pm Emily
							BODYPUMP™ (Studio) 10:00-11:00am Anthony

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

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.