

**SOUTHTOWNS FAMILY YMCA**  
**MAIN GYM 1**  
**JUNE 2025**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Open Gym For All</b> 7:00am - 5:45pm	<b>Fusion</b> <b>(Main Gym 1 &amp; 2)</b> 5:15am - 6:00am Karen	<b>Open Gym For All</b> 5:00am - 8:00am	<b>Open Gym For All</b> 5:00am - 8:00am	<b>Fusion</b> <b>(Main Gym 1 &amp; 2)</b> 5:15am - 6:00am Karen	<b>Fusion</b> <b>(Main 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 - 8:00am			<b>Open Gym For All</b> 6:15am - 8:00am	<b>Open Gym For All</b> 6:15am - 8:00am	
	<b>Low Impact Circuit</b> 8:15am - 9:00am Kathy B	<b>SilverSneakers®</b> <b>Circuit</b> 8:15am - 9:00am Marla W	<b>Low Impact Circuit</b> 8:15am - 9:00am Kathy B	<b>SilverSneakers®</b> <b>Circuit</b> 8:15am - 9:00am Marla W	<b>Low Impact Circuit</b> 8:15am - 9:00am Kathy B	
	<b>SilverSneakers®</b> <b>Classic</b> 9:30am - 10:15am Brandon F	<b>SilverSneakers®</b> <b>Classic</b> 9:30am - 10:15am Marla W	<b>Open Gym For All</b> 9:15am - 10:15am	<b>SilverSneakers®</b> <b>Classic</b> 9:30am - 10:15am Marla W	<b>SilverSneakers®</b> <b>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 - 12:15am Sara B	<b>SilverSneakers®</b> <b>Classic</b> 1:00pm - 1:45pm YMCA Staff	<b>Zumba Gold®</b> 11:30am - 12:15am Sara B	<b>SilverSneakers®</b> <b>Classic</b> 1:00pm - 1:45pm YMCA Staff	<b>Zumba Gold®</b> 11:30am - 12:15am Brandon F	
	<b>Open Gym For All</b> 12:30pm - 1:00pm	<b>Open Gym For All</b> 2:00pm - 5:15pm	<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>UPK</b> 1:00pm - 2:00pm		<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>Preschool Basketball</b> 5:30pm - 6:15pm	<b>Open Gym For All</b> 2:00pm - 8:00pm		<b>Open Gym For All</b> 2:00pm - 8:00pm	
		<b>Preschool Soccer</b> 6:30pm - 7:15pm				
	<b>Open Gym For All</b> 2:00pm - 8:00pm	<b>Open Gym For All</b> 7:15pm - 8:00pm	<b>Open Gym For All</b> 2:00pm - 8:00pm		<b>Open Gym For All</b> 2:00pm - 8:00pm	
	<b>FAMILY/ADULT</b> <b>OPEN GYM**</b> 8:00pm - 9:45pm	<b>FAMILY/ADULT</b> <b>OPEN GYM**</b> 8:00pm - 9:45pm	<b>FAMILY/ADULT</b> <b>OPEN GYM**</b> 8:00pm - 9:45pm	<b>FAMILY/ADULT</b> <b>OPEN GYM**</b> 8:00pm - 9:45pm	<b>FAMILY/ADULT</b> <b>OPEN GYM**</b> 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 & 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**  
**JUNE 2025**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<b>Fusion</b> 5:15am - 6:00am Karen	<b>Open Gym For All</b> 5:00am - 10:00am	<b>Open Gym For All</b> 5:00am - 10:15am	<b>Fusion</b> 5:15am - 6:00am Karen	<b>Fusion</b> 5:15am - 6:00am Karen		
<b>Open Gym For All</b> 7:00am - 7:45am	<b>Open Gym For All</b> 6:15am - 10:15am				<b>Open Gym For All</b> 6:15am - 8:00pm	<b>Open Gym For All</b> 6:15am - 10:15am	<b>Pickleball All Levels</b> 7:00am - 10:15am
<b>Pickleball Recreational</b> 8:00am -10:00am	<b>Zumba®</b> 10:30am - 11:15am Sara B			<b>Homeschool PE</b> 10:15am - 12:00pm		<b>Zumba®</b> 10:30am - 11:15am Sara B	
<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> 12:00pm - 8:00pm	<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> 10:30am - 7:45pm	
<b>Zumba®</b> 12:30pm - 1:30pm Sara B	<b>Pickleball 1 Court All Levels 1 Court Recreational</b> 2:00pm - 4:00pm		<b>Pickleball 1 Court All Levels 1 Court Recreational</b> 2:00pm - 4:00pm	<b>Pickleball 1 Court All Levels 1 Court Recreational</b> 2:00pm - 6:00pm			
<b>Open Gym For All</b> 1:45pm - 5:45pm	<b>Open Gym For All</b> 4:15pm - 8:00pm		<b>Open Gym For All</b> 4:15pm - 5:15pm	<b>Open Gym For All</b> 6:15pm - 8:00pm			
			<b>Preschool Tumblers</b> 5:00pm - 5:45pm				
			<b>Youth Cheer</b> 6:15pm - 7:45pm				
		<b>Youth Ninja</b> 7:30pm - 8:15pm					
	<b>FAMILY/ADULT OPEN GYM**</b> 8:00pm - 9:45pm	<b>FAMILY/ADULT OPEN GYM**</b> 8:00pm - 9:45pm	<b>FAMILY/ADULT OPEN GYM**</b> 8:30pm - 9:45pm	<b>FAMILY/ADULT OPEN GYM**</b> 8:00pm - 9:45pm	<b>FAMILY/ADULT OPEN GYM**</b> 8:00pm - 9:45pm		

**\*\*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 years to utilize this space. Schedule subject to change. For more information, please call 716-674-9622.**

SOUTHTOWNS FAMILY YMCA  
**AUXILIARY GYM**  
 June 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 - 8:15am	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	Open Gym For All 9:00am - 1:45pm	BODYPUMP™ Express 9:30am - 10:20am 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 - 10:20am Melissa M		Yoga 10:30am - 11:30am Sue K	Cycling 10:30am - 11:15am Sue K (half)	Cycling 9:30am - 10:30am Sara V
	Open Gym For All 10:30am - 11:15am (half)			Cardio Dance 12:00pm - 12:45pm Melissa T	Open Gym For All 10:30am - 11:15am (half)	
BODYPUMP™ Express 9:15am - 10:05am Melissa M	Open Gym For All 11:15am - 1:45pm	Yoga 10:30am - 11:30am Sue K	Pickleball All Levels 2:00pm - 4:00pm	UPK 1:00pm - 2:00pm	Open Gym For All 11:15am - 1:45pm	Open Gym For All 10:45am - 7:45pm
Pickleball All Levels 10:15am - 3:00pm	Pickleball All Levels 2:00pm - 4:45pm	Zumba® 12:00pm - 12:45pm Melissa T		Open Gym For All 2:00pm - 4:15pm	Pickleball All Levels 2:00pm - 6:00pm 1 Court Recreational 4:00pm - 6:00pm	
	HIIT 5:15pm - 6:00pm Renaë	UPK 1:00pm - 2:00pm	Cycle Circuit 4:30pm - 5:30pm Sara V	Cycling 4:30pm-5:30pm Sara V	Teen Pickup Basketball 6:15pm - 8:00pm 6/13 & 6/27	
Open Gym For All 3:15pm - 5:45pm	Cycling 6:15pm - 7:00pm Abby G	Cycling 4:30pm - 5:30pm Sara V	Les Mills BODYPUMP™ 5:45pm - 6:45pm Lindsay B	HIIT 5:45pm - 6:30pm Renaë	Family Night 6:15pm - 8:15pm 6/20 only	
	Les Mills BODYPUMP™ 7:15pm – 8:15pm Sara V	Balanced Boxing 5:45pm - 6:45pm Boxing Fitness 6:45pm - 7:45pm Jim *6/24 only*	Open Gym For All 7:00pm - 8:00pm	Open Gym For All 6:45pm - 8:00pm	Parents’ Night Out 6:00pm - 9:00pm 6/6 only	Kid’s Night Out 4:30pm - 7:30pm 6/14 only
	FAMILY/ADULT OPEN GYM** 8:30pm - 9:45pm	Pickleball All Levels 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 denotes that members must be 19+. Children under the age of 19 must be with a parent or guardian over 19 years to utilize the space.

**SOUTHTOWNS FAMILY YMCA**  
**STUDIO**  
**JUNE 2025**



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>Les Mills BODYBALANCE™</b> 8:00am – 8:45am Linda S	<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>Strength &amp; Conditioning</b> 9:00am - 9:45am 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 - 10:15am Jess	<i>Women on Weights</i> 9:30am - 10:30am <i>*Registration required</i>	<b>Cardio Kickboxing</b> 9:00am - 10:15am Jess	<b>Zumba® Toning</b> 10:00am - 10:45am Brandon	<b>Cardio Kickboxing</b> 9:00am - 10:15am 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>Zumba® Step</b> 11:00am - 11:45am Melissa T	<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>SilverSneakers® Yoga</b> 12:00pm - 12:45pm Sue	<b>SilverSneakers® Yoga</b> 12:30pm - 1:15pm Janice	<b>SilverSneakers® Yoga</b> 12:00pm - 12:45pm Sue		<b>Yoga</b> 11:15am - 12:15pm Adrianna
	<b>Core &amp; More</b> 4:45pm - 5:30pm Kelly	<b>Strength &amp; Conditioning</b> 5:00pm - 5:45pm Chelsey	<b>Healthy Back</b> 5:15pm - 6:15pm Kim	<b>Strength &amp; Conditioning</b> 5:00pm - 5:45pm Erin	<b>Zumba®</b> 5:00pm - 5:35pm Melissa T.	
	<b>Cardio Kickboxing</b> 5:45pm - 6:45pm Jess	<b>Les Mills BODYSTEP™</b> 6:00pm -6:45pm Kelly		<b>Kid's Fitness</b> 5:45pm- 6:30pm 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>Strength &amp; Conditioning</b> 7:35pm - 8:20pm David A	<i>Golf Conditioning</i> 6:30pm - 7:30pm <i>*Registration required</i>		
	<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		

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