

INDEPENDENT HEALTH FAMILY YMCA
NORTH GYM SCHEDULE
JULY 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Open Gym 7:00am-8:00am	Open Gym & Pickleball ½ gym each 6:00am-8:30am	Open Gym & Pickleball ½ gym each 6:00am-8:30am	Open Gym & Pickleball ½ gym each 6:00am-8:30am	Open Gym & Pickleball ½ gym each 6:00am-8:30am	Open Gym & Pickleball ½ gym each 6:00am-8:30am	Open Gym ½ gym Pickleball ½ gym 7:00am-8:45am
Instructional Pickleball 8:00am-9:30am	Low Impact Strength & Conditioning 9:00am-9:45am Tara B	HIIT 9:00am-9:45am Tara B	Low Impact Strength & Conditioning 9:00am-9:45am Brian C	HIIT 9:00am-9:45am Tara B	SilverSneakers® Classic 9:00am-9:45am Annette A	
Men's Pick-Up Basketball 9:30am-1:30pm	SilverSneakers® Classic 10:15 am-11:00 am Linda S	SilverSneakers® Classic 10:15am-11:00am Annette A	SilverSneakers® Yoga 10:00am-10:45am Bonnie P	Silver Sneaker® Classic 10:15 am-11:00 am Annette A	SilverSneakers® Yoga 10:00am-10:45am Annette A	
	SilverSneakers® Yoga 11:15 am-12:00 pm Linda S	SilverSneakers® Classic 11:15am-12:00 pm Jody	AOA Cardio 11:15am- 12:00pm Annette A	SilverSneakers® Classic 11:15 am-12:00 pm Jody	Low Impact Strength & Conditioning 11:15am-12:00pm Brian C	Zumba® 10:30am-11:30am Brenda R
Open gym 1:30pm-5:45pm	Pick-Up Basketball 12:00pm-1:45pm	Pick-Up Basketball 12:00pm-1:45pm	Pick-Up Basketball 12:00pm-1:45pm	Pick-Up Basketball 12:00pm-1:45pm	Pick-Up Basketball 12:00pm-1:45pm	Open Gym 11:45am – 3:00pm July 12 th Family Summer Event 12-3pm (no open gym)
	Pickleball** 2pm-4:30pm Full	Pickleball** 2pm-4:30pm Full	Pickleball** 2pm-5:30pm Full	Instructional Pickleball** 2pm-4:30pm Full	Pickleball** 1:45pm-3:45pm Full	Pickleball 3:00pm- 6:00pm
	Family Open Gym 4:30 pm – 7:30pm	Family Open Gym 4:30 pm – 6pm	Family Open Gym 5:30pm – 7:30pm	Family Open Gym 4:30 pm – 7:30pm	Open Gym 1/2 3:45pm-7:45pm	
		HIIT 6:15pm-7:00pm Tara B			Basketball pickup 40+ ½ gym	Open Gym 6:15pm-7:45pm
	Adult Open Gym 19+ 8pm-9:45pm	Pickleball 7:30pm-9:00pm	Adult Open Gym 19+ 8pm-9:45pm	Adult Open Gym 19+ 8pm-9:45pm	Adult Open Gym 19+ 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
JULY 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Men's Pick-Up Basketball 7:00am-11:30am	Pickleball 6:00am-8:30am	Pickleball 6:00am-8:30am	Pickleball 6:00am-8:30am	Pickleball 6:00am-8:30am	Pickleball 6:00am-8:30am	Family Open Gym 7:00am-1pm
	Low Impact Circuit 9:00am-9:45 am Jody	Zumba® 9:00am-9:45am Annette A		Healthy Back 9:00am-9:45am Brian C		
Family open gym 11:30 am -1pm	Summer Camp FULL GYM 10:00am-4:30pm	Summer Camp FULL GYM 10:00am-4:30pm	Summer Camp FULL GYM 8:30am-4:30pm	Summer Camp FULL GYM 10:00am-4:30pm	Summer Camp FULL GYM 8:30am-4:30pm	Birthday Parties 2pm-5pm
			Preschool Soccer (1/2 Gym) 4:30pm – 5:15pm			
Birthday Parties 2pm-5pm	Preschool T-Ball 4:30-5:15pm	Pickleball ** 5:30pm-7:30pm	Youth Flag Football Skills & Drills (1/2 Gym) * 5:30pm-6:15pm	Open Gym 5:15pm-6:15pm		Family Open Gym 5:30 – 7:45pm <i>**Second Saturday of every month is occupied for Kids Night Out from 5pm-8pm**</i>
	Basketball Skills/Drills (full) 5:30pm-6:15pm			Adult Pickleball (1/2) 6:30pm-9:00pm		
	Open Gym 7:30pm- 8:00pm		Open Rock Climbing (1/2 gym) 6:00pm – 7:15pm	Adult Volleyball Club* (1/2) 6:30pm-9:00pm		
	Adult Open Gym 19+ 8:00pm-9:45pm		Adult Open Gym 19+ 8:00pm-9:45pm	Adult Open Gym 19+ 9:00pm-9:45pm		
					Adult Open Gym 19+ 8:15pm-9:45pm	

***= Requires registration. Camp may utilize full gym depending on weather conditions**

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INDEPENDENT HEALTH FAMILY YMCA
STUDIO 1 SCHEDULE
JULY 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BODYPUMP® 9:00am-10:00am Brett P	Pilates 7:00am-7:45am Erica B	BODYPUMP® 5:30am-6:15am Brett P	Yin Yoga 7:00am-8:00am Nikki C	BODYPUMP® 5:30am-6:15am Brett P		BODYPUMP® 8:00am-8:45am Michelle C
				Core & More 8:00am-8:45am Tara B	Pilates 7:00am-7:45am Erica B	
				SilverSneakers® Circuit 9:00 – 9:45 am Annette A	BODYPUMP® 8:00am-8:45am Kym S	
	BODYPUMP® 9:00am-10:00am Kym S	SilverSneakers® Circuit 9:00am-9:45am Gene G	BODYPUMP® 9:00am-10:00am Kym S	Soul Fusion™ 10:00am-10:45am Lana S.	HIIT 9:00am-9:45am Tara B	Cardio Kickboxing 9:00am-9:45am Michelle C
	Barre 10:15am-11:00am Holly Z	BODY SCULPT 10:00am-10:45am Lana S	Cardio Drums 10:15am-11:00am Annette A	Low Impact Cardio 11:15am-12:00 pm Annette A	Drums Alive 10:00am-10:45am Gene G	BODYPUMP® 10:00am-11:00am Rebecca K
	SilverSneakers® Circuit 11:15am-12:00pm Holly Z	Low Impact Circuit 11:15am-12:00 pm Annette A	SilverSneakers® Circuit 11:15am-12:00pm Holly Z	SilverSneakers® Classic 12:15 – 1:00 pm Jody H	SilverSneakers® Stability 11:00am-11:30am Gene G	Yoga 11:15am-12:15pm Lisa W
	Line Dancing 12:15pm-1:00pm Jody H	SilverSneakers® Classic 12:15 – 1:00 pm Jody H		Core & Restore 1:15pm-2:00pm Michelle B		
	Fusion 5:00pm-5:45pm Shawniece B	Core & Restore 1:15pm-2:00pm Michelle B	Barre 5:00pm-5:45pm Shawniece B	Fusion 5:15pm-6:00pm Cathy S		
	BODYPUMP® 6:15pm-7:15pm Christine M		BODYPUMP® 6:15pm-7:15pm Christine M	Low Impact Strength & Conditioning 6:15-7:00pm Brian C	BODYPUMP® 5pm-6pm Kris L	
				ZUMBA® 7:10-7:55pm Brenda R		

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INDEPENDENT HEALTH FAMILY YMCA
STUDIO 2 SCHEDULE
JULY 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Zumba 9:30am-10:15am Mary Ellen G	Core & More 6:30am-7:00am Christine M	Yoga 7:00am-8:00am Nikki C		Yoga 7:00am-8:00am Nikki C	Tai Chi Beginner 8:00am-8:45am Brian C	Power Yoga 8:45am-9:45am Nadya M
	BODYBALANCE 9:00am-9:45am Linda S.	Core & More 8:10am-8:50am Nikki C	Pilates 9:00am-9:45am Annette A.	Tai Chi 9:00am-9:45am Gene G	Yin Yoga 9:00am-9:45am Bonnie P	
			Mindful Meditation 915am-945am Nikki C		BODYCOMBAT 10:00am-11:00am Diana R	BODY SCULPT 10:00am-10:45am Lana S
Yoga 10:30am-11:30am Lisa W	Yoga 11:00am-12:00pm Bonnie P	BODYCOMBAT® 10:00am-11:00am Diana R	Yoga 11:00am-12:00pm Bonnie P	Parkinsons Movement 11:15pm-12:00 pm Ed H	Pilates 11:00am-11:45am Annette A	
		Parkinsons Movement 11:15pm-12:00 pm Ed H	Tai Chi Beginner 4:15pm-5:00pm Brian C			
		Zumba® 5:30pm-6:15pm Sheila G	Tai Chi Intermediate/Advanced 5:15pm-6:00pm Brian C	Barre/Pilates Combo 5:30pm-6:15pm Sheila G	Tai Chi Intermediate/Advanced 12:30pm-1:15pm Brian C	
		Swim Team* 6:15pm-7:00pm		Power Yoga 6:30pm-7:30pm Nadya M.		
	Yoga 7:00pm-7:45pm MaryEllen G.	BODYBALANCE® 7:15pm-8:00pm Lindsay B.				

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INDEPENDENT HEALTH FAMILY YMCA
CYCLE ROOM
JULY 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Group Cycling 8:00am-8:45am Pam V	Group Cycling 5:45am-6:30am Michelle C	Group Cycling 9:30am-10:15am Abby M	Group Cycling 6:00 am-6:45 am Greg P		Group Cycling 5:45am-6:30am Michelle C	
	Group Cycling 9:30am-10:15am Ryan A		Group Cycling 9:30am-10:15am Sarah C			
				Group Cycling 5:00pm-5:45pm Shawniece B		Group Cycling 9:00am-9:45am Alison C
	Group Cycling 5:00pm-5:45pm Mary Ellen G		Group Cycling 6:15pm-7:00pm Shawniece B			

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