

KEN-TON FAMILY YMCA
GROUP FITNESS SCHEDULE
JULY 2025



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

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 - 4:00 pm & Sunday 8:00am-12:00pm

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.