

SOUTHTOWNS FAMILY YMCA
MAIN GYM 1
JULY 2025



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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Fusion 5:15am - 6:00am Karen	Open Gym For All 5:00am - 8:00pm	Open Gym For All 5:00am - 10:15am	Fusion 5:15am - 6:00am Karen	Fusion 5:15am - 6:00am Karen	
Open Gym For All 7:00am - 7:45am	Open Gym For All 6:15am - 10:15am			Open Gym For All 6:15am - 8:00pm	Open Gym For All 6:15am - 10:15am	Pickleball All Levels 7:00am - 10:15am
Pickleball Recreational 8:00am -10:00am	Zumba® 10:30am - 11:15am Sara B		Zumba® 10:30am - 11:15am Sara B		Zumba® 10:30am - 11:15am Brandon F	
Pickleball All Levels 10:00am - 12:15pm	Open Gym For All 11:30am - 1:45pm		Open Gym For All 11:30am - 1:45pm		Open Gym For All 11:30am - 1:45pm	
Zumba® 12:30pm - 1:30pm Sara B	Pickleball 1 Court All Levels 1 Court Recreational 2:00pm - 4:00pm		Pickleball 1 Court All Levels 1 Court Recreational 2:00pm - 4:00pm		Pickleball 1 Court All Levels 1 Court Recreational 2:00pm - 6:00pm	
Open Gym For All 1:45pm - 5:45pm	Open Gym For All 4:15pm - 8:00pm		Open Gym For All 4:15pm – 4:45pm			
		Preschool Tumblers 5:00pm - 5:45pm				
		Buffalo Bills Cheer 6:15pm-7:45pm	Open Gym For All 6:15pm - 8:00pm			
	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** 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 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

JULY



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	Strength & Conditioning 9:30am-10:15am Holly B Starts 7/16	BODYPUMP Express 9:30am-10:20am Melissa M	Strength & Conditioning 9:30am-10:15am Kelly O	HITT 8:15am-9:00am Sara V
BODYPUMP Express 9:15am-10:05am Melissa M	Low Impact Cycling 10:30am-11:15am Sue K (1/2 gym)	BODYPUMP Express 9:30am-10:20am Melissa M	Open Gym for All 10:30am-12:00pm	Yoga 10:30am-11:30am Sue K	Cycling 10:30am-11:15am Sue K (1/2 gym)	Cycling 9:30am-10:30am Sara V
	Open Gym for All 10:30am-12:00pm (1/2 gym)	Yoga 10:30am-11:30am Sue K		Cardio Dance 12:00pm-12:45pm Melissa T	Open Gym for All 10:30am-12:00pm (1/2 gym)	Open Gym for All 10:45am-7:45pm
Pickleball All Levels 10:15am-3:00pm	*SUMMER CAMP 12:00pm-4:00pm Open Gym for All 4:00-5:00pm	Zumba 12:00pm-12:45pm Melissa T	*SUMMER CAMP 12:00pm-4:00pm	*SUMMER CAMP 1:00pm-4:00pm	*SUMMER CAMP 12:00pm-4:00pm	
Open Gym for All 3:15pm-5:45pm	HITT 5:15pm-6:00pm Renaë	*SUMMER CAMP 1:00pm-4:00pm	Cycling Circuit 4:30pm-5:30pm Sara V	Cycling 4:30pm-5:30pm Sara V	Pickleball All Levels Recreational 4:00pm-6:00pm	
	Cycling 6:15pm-7:00pm Abby G	Cycling 4:30pm-5:30pm Sara V	Les Mills BODYPUMP 5:45pm-6:45pm Lindsay B	HITT 5:45pm-6:30pm Renaë	Teen Pickup Basketball 6:15pm-8:00pm	
	Les Mills BODYPUMP 7:15pm-8:15pm Sara V	Balanced Boxing 5:45pm-6:45pm Boxing Fitness 6:45pm-7:45pm Time *7/22 only*	Open Gym for All 7:00pm-8:00pm	Open Gym for All 6:45pm-8:00pm		SUMMER FAMILY EVENT 7/12 11:00am-2:00pm
	Adult/Family Open Gym** 8:30pm-9:45pm	Pickleball All Levels 8:00pm-9:45pm	Adult/Family Open Gym** 8:00pm-9:45pm	Adult/Family Open Gym** 8:00pm-9:45pm	Adult/Family Open Gym** 8:00pm-9:45pm	

- ***In the event of inclement weather the FULL gym will be reserved for Summer Camp 7:00am-6:00pm. All classes and activities will be cancelled**
- **** Must be 18 or older or accompanied by an adult for Adult/Family/Open Gym**

SOUTHTOWNS FAMILY YMCA
STUDIO
JULY 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Les Mills BODYPUMP™ 5:30am – 6:30am Holly B		Les Mills BODYPUMP™ 5:30am – 6:30am Holly B	Les Mills BODYBALANCE™ 8:00am – 8:45am Linda S	Les Mills BODYPUMP™ 5:30am – 6:30am Holly B	Les Mills BODYPUMP™ Express 7:15am – 8:00am David A
	SilverSneakers® Yoga 8:00am - 8:45am Brandon		Yoga 7:00am - 7:45am Janice	Strength & Conditioning 9:00am - 9:45am Linda S	Yoga 7:00am - 7:45am Janice	Fusion 8:10am - 9:05am Kim
Les Mills BODYSTEP™ 9:15am - 10:00am Kelly	Cardio Kickboxing 9:00am - 10:15am Jess	<i>Women on Weights</i> 9:30am - 10:30am <i>*Registration required</i>	Cardio Kickboxing 9:00am - 10:15am Jess	Zumba® Toning 10:00am - 10:45am Brandon	Cardio Kickboxing 9:00am - 10:15am Jess	Mindful Movement 9:10am - 9:50am Kim
Healthy Back 10:15am - 11:00am Joy	<i>Golf Conditioning</i> 10:30am - 11:30am <i>*Registration required</i>	Zumba® Step 11:00am - 11:45am Melissa T	SilverSneakers® Circuit 10:30am - 11:15am Jane	Core & More 11:00am - 11:45am Melissa T	Les Mills BODYSTEP™ 10:30am - 11:15am Kelly	Cardio Kickboxing 10:00am - 11:00am Jess
Yoga 11:15am - 12:15pm Joy	Yoga 11:45am - 12:45pm Mary Beth	SilverSneakers® Yoga 12:00pm - 12:45pm Sue		SilverSneakers® Yoga 12:00pm - 12:45pm Sue		Yoga 11:15am - 12:15pm Adrianna
	Core & More 4:45pm - 5:30pm Kelly	Strength & Conditioning 5:00pm - 5:45pm Chelsey	Healthy Back 5:15pm - 6:15pm Kim	Pilates Strength 5:00pm - 5:45pm Erin (No class 7/3)	Zumba® 5:00pm - 5:35pm Melissa T.	
	Cardio Kickboxing 5:45pm - 6:45pm Jess	Les Mills BODYSTEP™ 6:00pm - 6:45pm Kelly		Kid's Fitness 5:45pm - 6:30pm Erin (No class 7/3)	Les Mills BODYPUMP™ 5:45pm - 6:45pm Kelly	
	Zumba® 7:00pm - 7:45pm Mary G		Strength & Conditioning 7:35pm - 8:20pm David A			
	Yoga 8:00pm - 8:45pm Chris B	Yoga 8:00pm - 9:00pm Adrianna		Yoga 7:45pm - 8:45pm Mary Beth		

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