

**SOUTHTOWNS FAMILY YMCA**  
**MAIN GYM 1**  
**OCTOBER 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	Fusion (Main Gym 1 & 2) 5:15am - 6:00am Karen	Open Gym for All 5:00am - 8:00am	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 Arianna C	SilverSneakers® Circuit 8:15am - 9:00am Marla W	Low Impact  Circuit  8:15am - 9:00am  Jane L.	SilverSneakers® Circuit 8:15am - 9:00am Marla W	Low Impact Circuit 8:15am - 9:00am Brandon F	
	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 - 12:15pm Sara B	SilverSneakers® Classic 1:00pm - 1:45pm	Zumba Gold® 11:30am - 12:15pm Sara B	SilverSneakers® Classic 1:00pm - 1:45pm	Zumba Gold® 11:30am - 12:15pm Brandon F	
	UPK Gym Time 1:00pm - 2:00pm	Open Gym For All 2:00pm – 5:15pm	UPK Gym Time 1:00pm - 2:00pm	Open Gym For All 2:00pm – 8:00pm	UPK Gym Time 1:00pm - 2:00pm	
	Open Gym for All 2:15pm - 5:15pm	Preschool Basketball 5:30pm – 6:15pm	Open Gym for All 2:15pm - 8:00pm		Open Gym for All 2:15pm - 8:00pm	
	Girls Jr. Cavs Practice 5:30pm – 7:30pm	Youth Floor Hockey 6:30pm – 7:15pm				
	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**  
 OCTOBER 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>Fusion</b> 5:15am - 6:00am Karen	<b>Open Gym For All</b> 5:00am – 5:15pm	<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 - 10:15am		<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 Phys. Ed.</b> 10:15am - 11:30am	<b>Zumba®</b> 10:30am - 11:15am Sara B		<b>Zumba®</b> 10:30am - 11:15am Brandon F	
<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> 11:30am - 1:45pm		<b>Open Gym For All</b> 11:30am - 1:45pm	<b>Jr. Cavs Basketball</b> 10:30am – 2:00pm
<b>Zumba®</b> 12:30pm - 1:30pm Sara B	<b>Pickleball 1 Court All Levels</b> <b>1 Court Recreational</b> 2:00pm - 4:00pm	<b>Open Gym For All</b> 11:45am – 5:15pm	<b>Pickleball 1 Court All Levels</b> <b>1 Court Recreational</b> 2:00pm - 4:00pm		<b>Pickleball 1 Court All Levels</b> <b>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 – 5:15pm		<b>Open Gym For All</b> 4:15pm – 4:45pm		<b>Open Gym For All</b> 6:15pm - 8:00pm	
	<b>Jr. Cavs Practice</b> 5:30pm – 8:30pm	<b>Jr. Cavs Practice</b> 5:30pm – 8:30pm	<b>Preschool Tumblers</b> 5:00pm - 5:45pm	<b>Jr. Cavs Practice</b> 5:30pm - 8:30pm		
			<b>Youth Gymnastics</b> 6:00pm-6:45pm			
	<b>FAMILY/ADULT OPEN GYM**</b> 8:30pm-9:45pm	<b>FAMILY/ADULT OPEN GYM**</b> 8:30pm-9:45pm	<b>Youth Ninja</b> 7:00pm-7:45pm	<b>FAMILY/ADULT OPEN GYM**</b> 8:30pm-9:45pm	<b>FAMILY/ADULT OPEN GYM**</b> 8:00pm-9:45pm	<b>Open Gym For All</b> 2:15pm – 7:45pm
			<b>FAMILY/ADULT OPEN GYM**</b> 8:00pm-9:45pm			

**\*\*FAMILY/ADULT OPEN GYM denotes that members must be 18+. Children under the age of 18 must be accompanied by a parent or guardian over 18 years to utilize this space. Schedule subject to change. For more information, please call 716-674-9622.**

**SOUTHTOWNS FAMILY YMCA**  
**AUXILIARY GYM**  
**OCTOBER 2025**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Open Gym for All</b> 5:00am - 5:45am	<b>TRX Circuit</b> 5:15am-6:00am Karen	<b>Open Gym for All</b> 5:00am - 5:45am	<b>Open Gym for All</b> 5:00am - 9:00am	<b>Open Gym for All</b> 5:00am - 5:45am	
<b>Open Gym for All</b> 7:00am - 7:45am	<b>Advanced Pickleball</b> 6:00am - 9:00am	<b>Open Gym for All</b> 6:15am - 8:15am	<b>Pickleball All Levels</b> 6:00am - 9:00am		<b>Advanced Pickleball</b> 6:00am - 9:00am	<b>Open Gym for All</b> 7:00am - 8:00am
<b>Cycling</b> 8:00am - 8:45am Amy M	<b>Strength &amp; Conditioning</b> 9:30am - 10:15am Holly B	<b>Interval Training</b> 8:30am - 9:15am Arianna C	<b>Strength &amp; Conditioning</b> 9:30am - 10:15am Holly B	<b>BODYPUMP™ Express</b> 9:30am - 10:20am Melissa M	<b>Cycling</b> 10:30am - 11:15am Sue K (1/2 gym)	<b>HITT</b> 8:15am - 9:00am Sara V
<b>BODYPUMP™ Express</b> 9:15am - 10:05am Melissa M	<b>Low Impact Cycling</b> 10:30am - 11:15am Sue K (1/2 gym)	<b>BODYPUMP™ Express</b> 9:30am - 10:20am Melissa M	<b>Open Gym for All</b> 10:30am - 1:45pm	<b>Yoga</b> 10:30am - 11:30am Sue K	<b>Open Gym for All</b> 10:30am - 11:15am (1/2 gym)	<b>Cycling</b> 9:30am - 10:30am Sara V
<b>Pickleball All Levels</b> 10:15am - 3:00pm	<b>Open Gym for All</b> 10:30am - 11:15am (1/2 gym)	<b>Yoga</b> 10:30am - 11:30am Sue K	<b>Pickleball All Levels Recreational</b> 2:00-4:00pm	<b>Cardio Dance</b> 12:00pm - 12:45pm Melissa T	<b>Open Gym for All</b> 11:30am - 1:45pm	<b>Jr. Cavs Basketball</b> 10:30am - 2:00pm
<b>Open Gym for All</b> 3:15pm - 5:45pm	<b>Open Gym for All</b> 11:30am - 1:45pm	<b>Zumba</b> 12:00pm - 12:45pm Melissa T		<b>UPK Gym Time</b> 1:00pm - 2:00pm	<b>Pickleball All Levels</b> 2:00-4:00pm	
	<b>Pickleball All Levels</b> 2:00-4:45pm	<b>UPK Gym Time</b> 1:00 - 2:00pm		<b>Open Gym for All</b> 2:00pm - 4:15pm	<b>Pickleball All Level 1 Court</b> 4:00pm - 6:00pm	
	<b>HITT</b> 5:15pm - 6:00pm Renaë	<b>Open Gym for All</b> 2:00pm - 4:15pm		<b>Cycling</b> 4:30pm - 5:30pm Sara V	<b>PNO</b> 6:00-9:00pm 10/3	<b>Open Gym for All</b> 2pm -7:45pm  <b>KNO</b> 4:30-7:30pm 10/11
	<b>Cycling</b> 6:15pm - 7:00pm Abby G	<b>Cycling</b> 4:30pm - 5:30pm Sara V		<b>HITT</b> 5:45pm - 6:30pm Renaë	<b>Teen Pickup Basketball</b> 6:15pm - 8:00pm	
	<b>Les Mills BODYPUMP™</b> 7:15pm - 8:15pm Sara V	<b>Balanced Boxing</b> 5:45pm - 6:45pm 6:45pm - 7:45pm Jim		<b>Jr. Cavs Practice</b> 6:45pm - 7:30pm	<b>Halloween Family Event</b> 6:30-8:00pm 10/17	
	<b>Adult/Family Open Gym**</b> 8:30pm - 9:45pm	<b>Pickleball All Levels</b> 8:00pm - 9:45pm		<b>Adult/Family Open Gym**</b> 8:00pm - 9:45pm	<b>Adult/Family Open Gym**</b> 8:00pm - 9:45pm	

**\*\*ADULT/FAMILY OPEN GYM denotes that members must be 18+. Children under the age of 18 must be accompanied by a parent or guardian over 18 years to utilize this space. Schedule subject to change. For more information, please call 716-674-9622.**

**SOUTHTOWNS FAMILY YMCA**  
**STUDIO**  
**OCTOBER 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>NEW Pilates</b> 7:00am – 7:45am Mariely		<b>Les Mills BODYPUMP™ Express</b> 7:15am – 8:00am David A
	<b>SilverSneakers® Yoga</b> 8:00am – 8:45am Brandon		<b>Yoga</b> 7:00am – 7:45am Janice	<b>Zumba® Toning</b> 10:00am – 10:45am Brandon	<b>Yoga</b> 7:00am – 7:45am Janice	<b>Fusion</b> 8:10am – 9:05am 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>Core &amp; More</b> 11:00am – 11:45am Melissa T	<b>Cardio Kickboxing</b> 9:00am – 10:15am Jess	<b>Mindful Movement</b> 9:10am – 9:50am Kim
<b>Healthy Back</b> 10:15am – 11:00am Joy	<i>Golf Conditioning</i> 10:30am–11:30am <i>*Registration required</i>	<b>Zumba® Step</b> 11:00am – 11:45am Melissa T	<b>SilverSneakers® Circuit</b> 10:30am – 11:15am Jane	<b>SilverSneakers® Yoga</b> 12:00pm – 12:45pm Sue		<b>Cardio Kickboxing</b> 10:00am – 11:00am Jess
<b>Yoga</b> 11:15am – 12:15pm Joy	<b>Yoga</b> 11:45am – 12:45pm Mary Beth	<b>SilverSneakers® Yoga</b> 12:00pm – 12:45pm Sue		<b>Stroke Recovery Program*</b> 1:00pm – 2:00pm Austin G		<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> 4:30pm – 5:15pm Kelly O		
	<b>Cardio Kickboxing</b> 5:45pm–6:45pm Jess	<b>Les Mills BODYSTEP™</b> 6:00pm – 6:45pm Kelly	<b>Zumba®</b> 6:30pm – 7:30pm Mary G	<b>Pilates Strength</b> 5:30pm–6:15pm Erin	<b>Les Mills BODYPUMP™</b> 5:45pm – 6:45pm Kelly	
	<b>Zumba®</b> 7:00pm – 7:45pm Mary G			<b>Kid's Fitness</b> 6:30pm–7:00pm Erin		
	<b>Yoga</b> 8:00pm – 8:45pm Chris B	<b>Yoga</b> 8:00pm – 9:00pm Adrianna		<b>Yoga</b> 7:45pm – 8:45pm Mary Beth		

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