

KEN-TON FAMILY YMCA
GYM SCHEDULE
NOVEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN GYM 8:00am-11:45am	OPEN GYM 5:00-9:00am	OPEN GYM 5:00-7:00am	OPEN GYM 5:00-7:45am	OPEN GYM 5:00-7:00am	OPEN GYM 5:00-9:15am	OPEN GYM (Half Court) 8:00am-11:00am
	Silver Sneakers Circuit 9:15-9:45am Annette	PICKLEBALL 7:00-9:45am	Line Dancing 8:00-8:45am Choon	PICKLEBALL 7:00-9:45am	Silver Sneakers Classic 9:30-10:15am Jen	
		Silver Sneakers Circuit 10:00-10:45am Jen	Pilates 9:00-9:45am Choon			
		Silver Sneakers Yoga 11:00-11:45am Jen	Silver Sneakers Classic 10:00-10:45am Choon	Silver Sneakers Circuit 10:00-10:45am Jen		
	Indoor Walking 12:00-1:00pm	PICKLEBALL 1:00-3:00pm	PICKLEBALL 11:00-1:00pm	Silver Sneakers Yoga 11:00-11:45am Jen	Silver Sneakers Enerchi 10:30-11:15am Jen	PICKLEBALL (Half Court) 8:00am-11:00am
	Silver Sneakers Classic 10:00-10:45am Jen					
	PICKLEBALL 11:00-1:00pm	OPEN GYM 3:15pm-5:45pm	Beginner PICKLEBALL 1:00-2:45pm	Indoor Walking 12:00-1:00pm	PICKLEBALL 11:30-1:00pm	GYM EVENTS 11:00-12:00pm
	Beginner PICKLEBALL 1:00-2:45pm	Preschool Tumblers 6:00-6:45pm		OPEN GYM 1:45pm-4:45pm	Beginner PICKLEBALL 1:00-2:45pm	
	OPEN GYM 3:00pm-7:45pm	Youth Basketball 7:00-7:45pm	OPEN GYM 3:00pm-7:45pm	PICKLEBALL ½ gym 5:00-7:45pm	OPEN GYM 3:00pm-7:45pm	OPEN GYM 12:00-3:45pm

*Schedule subject to change. For more information, please call the Ken-Ton Branch at (716) 874-5051.

KEN-TON FAMILY YMCA GROUP FITNESS SCHEDULE NOVEMBER 2025							
SUNDAY	MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY
NEW Group Cycle 10:00am-10:45am Kat	Functional Strength & Conditioning (Studio) 8:00-8:45am Jamie	Strength & Conditioning (Studio) 8:00-8:45am Dave	BODYPUMP™ (Studio) 6:15-7:00am Becky	Core & More (Studio) 7:05AM-7:45am Choon	Gentle Yoga (Studio) 5:30am-6:30am Tommy L	Bands & Body Weight (Studio) 8:00-8:45am Dave	BODYPUMP™ (Studio) 8:15am-9:15am Anthony
					Strength & Conditioning (Studio) 8:00-8:45am Dave		
NEW Les Mills Bodypump 11:00am-12pm Kat	Silver Sneakers Circuit (Gym) 9:15-9:45am Annette	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	Beginner Yoga (Studio) 11:00am-11:45am Sarah
	Silver Sneakers Classic (Gym) 10:00-10:45am Jen	Yoga (Studio) 10:00-11:00am Sarah	Pilates (Gym) 9:00-9:45am Choon	HIIT (Studio) 9:00-9:30am Jamie	Yoga (Studio) 10:00-11:00am Sarah	Silver Sneakers Classic (Gym) 9:30-10:15am Jen	Intermediate Yoga (Studio) 12:00-1:15pm Sarah
	Zumba® (Studio) 10:00-10:45am Annette	Silver Sneakers Circuit (Gym) 10:00-10:45am Jen	Silver Sneakers Classic (Gym) 10:00-10:45am Choon	Yoga (Studio) 10:00-11:00am Sarah	Silver Sneakers Circuit (Gym) 10:00-10:45am Jen	Silver Sneakers Enerchi (Gym) 10:30-11:15am Jen	Group Cycle (Studio) 1:30-2:15pm Sarah
		Silver Sneakers Yoga (Gym) 11:00-11:45am Jen		Group Cycle (Studio) 11:15am-12pm Sarah	Silver Sneakers Yoga (Gym) 11:00-11:45am Jen		
		Pilates (Studio) 5:30-6:15pm Annette	HIIT (Studio) 5:30pm-6:15pm Annette		BODYPUMP™ (Studio) 6:00pm-7:00pm Melissa		

Branch Hours:

Monday – Friday 5:00 am – 8:00 pm

Saturday 8:00 am – 4:00 pm & Sunday 8:00am–12:00pm

Child Watch: Monday – Friday 4:00 – 7:45 pm Saturday 8:00am – 1:00pm Sunday 8:00 – 11:30am

Monday & Wednesday 9:00am – 1:00pm

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 10–12

- 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 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.