

SOUTHTOWNS FAMILY YMCA
MAIN GYM 1
NOVEMBER 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	Preschool T-Ball 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
 NOVEMBER 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	Fusion 5:15am - 6:00am Karen	Open Gym For All 5:00am – 10:00am	Fusion 5:15am - 6:00am Karen	Open Gym For All 5:00am – 5:15pm	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 - 10:15am		Open Gym For All 6:15am - 10:15am		
Pickleball Recreational 8:00am -10:00am	Zumba® 10:30am - 11:15am Sara B	Homeschool Phys. Ed. 10:15am - 11:30am	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 11:45am – 5:15pm	Open Gym For All 11:30am - 1:45pm		Open Gym For All 11:30am - 1:45pm	Jr. Cavs Basketball 10:30am – 2:00pm	
	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 – 5:15pm		Open Gym For All 4:15pm – 4:45pm				Open Gym For All 6:15pm - 8:00pm
	Jr. Cavs Practice 5:30pm – 8:30pm	Jr. Cavs Practice 5:30pm – 8:30pm	Preschool Tumblers 5:00pm - 5:45pm	Jr. Cavs Practice 5:30pm - 8:30pm	Open Gym For All 2:15pm – 7:45pm		
			Youth Gymnastics 6:00pm-6:45pm	FAMILY/ADULT OPEN GYM** 8:30pm-9:45pm		FAMILY/ADULT OPEN GYM** 8:00pm-9:45pm	
	FAMILY/ADULT OPEN GYM** 8:30pm-9:45pm	FAMILY/ADULT OPEN GYM** 8:30pm-9:45pm	Youth Ninja 7:00pm-7:45pm				
			FAMILY/ADULT OPEN GYM** 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
STUDIO
 NOVEMBER 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	*NEW* Pilates 7:00am – 7:45am Mariely		Les Mills BODYPUMP™ Express 7:15am – 8:00am David A
	SilverSneakers® Yoga 8:00am – 8:45am Brandon		Yoga 7:00am – 7:45am Janice	Zumba® Toning 10:00am – 10:45am Brandon	Yoga 7:00am – 7:45am Janice	Fusion 8:10am – 9:05am Kim
Les Mills BODYSTEP™ 9:15am – 10:00am Kelly O	Cardio Kickboxing 9:00am – 10:15am Jess		Cardio Kickboxing 9:00am – 10:15am Jess	Core & More 11:00am – 11:45am Melissa T	Cardio Kickboxing 9:00am – 10:15am Jess	Mindful Movement 9:10am – 9:50am Kim
Healthy Back 10:15am – 11:00am Joy		Zumba® Step 11:00am – 11:45am Melissa T	SilverSneakers® Circuit 10:30am – 11:15am Jane	SilverSneakers® Yoga 12:00pm – 12:45pm Sue		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		<i>Stroke Recovery Program</i> 1:00pm – 2:00pm Austin G <i>*Registration required</i>		Yoga 11:15am – 12:15pm Adrianna
	Core & More 4:45pm – 5:30pm Kelly O	*NEW* Pilates 4:00pm – 4:45pm Cass P	*NEW* Pilates 4:30pm – 5:10pm Cass P	Strength & Conditioning 4:30pm – 5:15pm Kelly O		
	Cardio Kickboxing 5:45pm – 6:45pm Jess	Strength & Conditioning 5:00pm – 5:45pm Chelsey	Healthy Back 5:15pm – 6:15pm Kim	Pilates Strength Fusion 5:30pm – 6:15pm Erin	Les Mills BODYPUMP™ 5:45pm – 6:45pm Kelly O	
	Zumba® 7:00pm – 7:45pm Mary G	Les Mills BODYSTEP™ 6:00pm – 6:45pm Kelly O	Zumba® 6:30pm – 7:30pm Mary G	Kid's Fitness 6:30pm – 7:00pm Erin		
	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.

SOUTHTOWNS FAMILY YMCA
AUXILIARY GYM
NOVEMBER 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym for All 7:00am - 7:45am	Open Gym for All 5:00am - 5:45am Advanced Pickleball 6:00am - 9:00am	Spin Interval 5:15am-6:00am Karen	Open Gym for All 5:00am - 5:45am Pickleball All Levels 6:00am - 9:00am	Open Gym for All 5:00am - 9:00am	Open Gym for All 5:00am - 5:45am 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	Open Gym for All 6:15am - 8:15am	Strength & Conditioning 9:30am - 10:15am Holly B	BODYPUMP™ Express 9:30am - 10:20am Melissa M	Cycling 10:30am - 11:15am Sue K (1/2 gym)	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 - 1:45pm	Yoga 10:30am - 11:30am Sue K	Open Gym for All 10:30am - 11:15am (1/2 gym)	Cycling 9:30am - 10:30am Sara V
Pickleball All Levels 10:15am - 3:00pm	Open Gym for All 10:30am - 11:15am (1/2 gym)	Yoga 10:30am - 11:30am Sue K	Pickleball All Levels Recreational 2:00-4:00pm	Cardio Dance 12:00pm - 12:45pm Melissa T	Open Gym for All 11:30am - 1:45pm	Jr. Cavs Basketball 10:45am - 2:00pm
Open Gym for All 3:15pm - 5:45pm	Open Gym for All 11:30am - 1:45pm	Zumba 12:00pm - 12:45pm Melissa T		UPK Gym Time 1:00pm - 2:00pm	Pickleball All Levels 2:00pm - 4:00pm	
	Pickleball All Levels 2:00-4:45pm	UPK Gym Time 1:00 - 2:00pm		Open Gym for All 2:00pm - 4:15pm	Pickleball All Level 1 Court 4:00pm - 6:00pm	
	HITT 5:15pm - 6:00pm Renaë	Open Gym for All 2:00pm - 4:15pm	Cycling Circuit 4:30pm - 5:30pm Sara V	Cycling 4:30pm - 5:30pm Sara V	Parents' Night Out 6:00pm - 9:00pm 11/7	Open Gym for All 2:15pm - 7:45pm
	Cycling 6:15pm - 7:00pm Abby G	Cycling 4:30pm - 5:30pm Sara V	BODYPUMP™ Express 5:45pm - 6:30pm 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 6:45pm - 7:45pm Jim	Jr. Cavs Practice 6:45pm - 8:30pm	Jr. Cavs Practice 6:45pm - 7:30pm	Family Night 6:30pm - 8:00pm 11/21	
	Adult/Family Open Gym** 8:30pm - 9:45pm	Pickleball All Levels 8:00pm - 9:45pm	Adult/Family Open Gym** 8:30pm - 9:45pm	Adult/Family Open Gym** 8:00pm - 9:45pm	Adult/Family Open Gym** 8:00pm - 9:45pm	Kids' Night Out 4:30pm - 7:30pm 11/15

****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.