

William-Emslie Family YMCA

Group Fitness Schedule/Gym

DECEMBER 2025

Member Info	Monday	Tuesday	Wednesday *No classes 12/24	Thursday	Friday	Saturday
	Open Gym 6:00am-8:00am	Open Gym 6:00am-6:45am	Open Gym 6:00am-6:45am	Open Gym 6:00am-6:45am	Open Gym 6:00am-8:45am	
	Yin Yoga 7:00am-7:45am Choon (Studio)	Group Cycling 7:00am-7:45am Paulette	Group Cycling 7:00am-7:45am Paulette	Group Cycling 7:00am-7:45am Paulette		
	Open Gym 8:00-8:45am	HIIT 7:00am-7:45am Choon	Open Gym 8:00-8:45am	HIIT 7:00am-7:45am Choon		
	Silver Sneakers Enerchi® 8:00am-8:45am Choon	Open Gym 8:00-8:45am		Open Gym 8:00-8:45am		
	Silver Sneakers Yoga® 9:00am-9:45am Choon (Gym)	Yin Yoga 8:00am-8:45am Choon (Studio)	Zumba 9:00am-10am Arianna C	Yin Yoga 8:00am-8:45am Choon (Studio)	Pickleball 9:00-10:00am	Jr. Cavs Basketball 8:00am 12:15pm
	Pickleball 12pm-3pm	Pilates 9:00am-9:45am Choon		Pilates 9:00am-9:45am Choon		
		Pickleball 9:00-10:45 am (½ gym)		Pickleball 9:00-10:45 am		
	Line Dancing 10:00am-10:45am Choon (Studio)	Body Sculpt and Strength 10:00-10:45 am Rhonda (½ gym)	Core & More 10:00-10:45 am Rhonda (Studio)	Body Sculpt and Strength 10:00-10:45 am Rhonda (½ gym)	Walking Club 10:00-10:45 am Rhonda	
	Silver Sneakers Classic® 11:00am-11:45am Claudia (Gym)	Silver Sneakers Yoga® 11:00-11:45 am Rhonda (½ gym)	Silver Sneakers Classic® 11:00-11:45 am Rhonda (½ gym)	Cardio Dance 11:00-11:45 am Rhonda	Silver Sneakers Classic® 11:00-11:45 am Rhonda (½ gym)	
		Silver Sneakers Classic® 12:00pm-12:45pm Claudia (½ Gym)		Silver Sneakers Classic® 12:00pm-12:45pm Claudia (½ Gym)		
				Senior Line Dancing 10:00am-12:00pm (Senior Room)		
	Pilates 5:00pm-5:45pm Mariely (Studio)	SMARTfit 2:00pm-3:00pm Rhonda		Open Gym 4:30pm-7:45pm		Strength and Conditioning 5:15pm-6:00pm Matt (Studio)
	Open Gym 4:30pm-7:45pm	Strength and Conditioning 5:15pm-6:00pm Matt (Studio)	Open Gym 4:30pm-7:45pm			
		Core 6:05pm-6:50pm Matt (Studio)		Core 6:05pm-6:50pm Matt (Studio)		

Schedule Subject to change, for more information please call the William-Emslie YMCA (716) 845-5440.

Branch Hours:

Monday – Friday 6:00 am - 8:00 pm, Saturday 8:00am – 1:00pm

Child Watch Monday – Friday 5:00 – 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.

Kids Time Sat: 10:00 am – 12:30 pm

Ages 5-12 years *YMCA Members only*

Fun and friends await children in this supervised and safe program! Special activities are geared to keep children active and entertained while enabling parents to run errands or spend time together. Children will enjoy arts & crafts, swimming, playing in the gym and more! Children must be registered in advance required by the Wednesday prior to the Saturday attending.

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