

# William-Emslie Family YMCA

## Group Fitness Schedule/Gym

### JANUARY 2026

Member Info	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Open Gym</b> 6:00am-8:00am	<b>Open Gym</b> 6:00am-6:45am	<b>Open Gym</b> 6:00am-6:45am	<b>Open Gym</b> 6:00am-6:45am	<b>Open Gym</b> 6:00am-8:45am	
	<b>Yin Yoga</b> 7:00am-7:45am <b>Choon</b> (Studio)	<b>Group Cycling</b> 7:00am-7:45am <b>Paulette</b>	<b>Group Cycling</b> 7:00am-7:45am <b>Paulette</b>	<b>Group Cycling</b> 7:00am-7:45am <b>Paulette</b>		
	<b>Open Gym</b> 8:00-8:45am	<b>HIIT</b> 7:00am-7:45am <b>Choon</b>	<b>Open Gym</b> 8:00-8:45am	<b>HIIT</b> 7:00am-7:45am <b>Choon</b>		
	<b>Silver Sneakers Enerchi ®</b> 8:00am-8:45am <b>Choon</b>	<b>Open Gym</b> 8:00-8:45am		<b>Open Gym</b> 8:00-8:45am		
	<b>Silver Sneakers Yoga®</b> 9:00am-9:45am <b>Choon</b> (Gym)	<b>Yin Yoga</b> 8:00am-8:45am <b>Choon</b> (Studio)		<b>Yin Yoga</b> 8:00am-8:45am <b>Choon</b> (Studio)	<b>Pickleball</b> 9:00-10:00am	<b>Jr. Cavs Basketball</b> 8:00am 12:15pm
	<b>Pickleball</b> 12pm-3pm	<b>Pilates</b> 9:00am-9:45am <b>Choon</b>		<b>Pilates</b> 9:00am-9:45am <b>Choon</b>		
		<b>Pickleball</b> 9:00-10:45 am (½ gym)		<b>Pickleball</b> 9:00-10:45 am		
	<b>Line Dancing</b> 10:00am-10:45am <b>Choon</b> (Studio)	<b>Core &amp; More</b> 10:00-10:45 am <b>Rhonda</b> (Studio)	<b>Body Sculpt and Strength</b> 10:00-10:45 am <b>Rhonda</b> (½ gym)	<b>Amazing Abs</b> 10:00-10:45 am <b>Rhonda</b> (Studio)	<b>Walking Club</b> 10:00-10:45 am <b>Rhonda</b>	
	<b>Silver Sneakers Classic®</b> 11:00am-11:45am <b>Claudia</b> (Gym)	<b>Silver Sneakers Yoga®</b> 11:00-11:45 am <b>Rhonda</b> (½ gym)	<b>Silver Sneakers Classic®</b> 11:00-11:45 am <b>Rhonda</b> (½ gym)	<b>Cardio Dance</b> 11:00-11:45 am <b>Rhonda</b>	<b>Silver Sneakers Classic®</b> 11:00-11:45 am <b>Rhonda</b> (½ gym)	
		<b>Silver Sneakers Classic®</b> 12:00pm-12:45pm <b>Claudia</b> (½ Gym)		<b>Silver Sneakers Classic®</b> 12:00pm-12:45pm <b>Claudia</b> (½ Gym)		
				<b>Senior Line Dancing</b> 10:00am-12:00pm (Senior Room)		
	<b>Pilates</b> 5:00pm-5:45pm <b>Mariely</b> (Studio)	<b>SMARTfit</b> 2:00pm-3:00pm <b>Rhonda</b>		<b>Open Gym</b> 4:30pm-7:45pm		
	<b>Open Gym</b> 4:30pm-7:45pm	<b>Strength and Conditioning</b> 5:15pm-6:00pm <b>Matt</b> (Studio)	<b>Open Gym</b> 4:30pm-7:45pm	<b>Strength and Conditioning</b> 5:15pm-6:00pm <b>Matt</b> (Studio)	<b>Open Basketball</b> 4:30pm-7:45pm	
		<b>Core</b> 6:05pm-6:50pm <b>Matt</b> (Studio)		<b>Core</b> 6:05pm-6:50pm <b>Matt</b> (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