

**KEN-TON FAMILY YMCA  
GYM SCHEDULE  
February 2026**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN GYM 8:00am-10:00am	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			
OPEN GYM ½ gym 10:00am-11:45am			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				
	Silver Sneakers Classic 10:00-10:45am Jen	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 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  
FEBRUARY 2026**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY
<div>Group Cycle</div> <div>10:00-10:45 am</div> <div>Kat</div>		<div>Les Mills Bodypump</div> <div>6:00-7:00 am</div> <div>Melissa</div>	<div>Les Mills Bodypump</div> <div>6:15-7:00 am</div> <div>Becky</div>	<div>Core &amp; More</div> <div>7:05-7:45 am</div> <div>Choon</div>	<div>Strength &amp; Conditioning</div> <div>8:00-8:45 am</div> <div>Dave</div>	<div>Bands &amp; Body Weight</div> <div>8:00-8:45 am</div> <div>Dave</div>	<div>Les Mills Bodypump</div> <div>8:15-9:15 am</div> <div>Anthony</div>
<div>Les Mills Bodypump</div> <div>11:00-12:00 pm</div> <div>Kat</div>	<div>Silver Sneakers Circuit</div> <div>(Gym)</div> <div>9:15-9:45 am</div> <div>Annette</div>	<div>Strength &amp; Conditioning</div> <div>8:00-8:45 am</div> <div>Dave</div>		<div>Line Dancing</div> <div>(Gym)</div> <div>8:00-8:45 am</div> <div>Choon</div>	<div>Healthy Back</div> <div>9:00-9:45 am</div> <div>Dave</div>	<div>Core &amp; More</div> <div>9:00-9:45am</div> <div>Dave</div>	<div>Beginner Yoga</div> <div>11:00-11:45 am</div> <div>Sarah</div>
	<div>Silver Sneakers Classic</div> <div>(Gym)</div> <div>10:00-10:45 am</div> <div>Jen</div>	<div>Healthy Back</div> <div>9:00-9:45 am</div> <div>Dave</div>	<div>Pilates</div> <div>(Gym)</div> <div>9:00-9:45 am</div> <div>Choon</div>		<div>Beginner Yoga</div> <div>10:00-11:00 am</div> <div>Sarah</div>	<div>SilverSneakers Classic</div> <div>9:30-10:15 am</div> <div>Jen</div>	<div>Intermediate Yoga</div> <div>12:00-1:15 pm</div> <div>Sarah</div>
	<div>Zumba®</div> <div>10:00-10:45 am</div> <div>Annette</div>	<div>Beginner Yoga</div> <div>10:00-11:00 am</div> <div>Sarah</div>	<div>SilverSneakers Classic</div> <div>(Gym)</div> <div>10:00-10:45 am</div> <div>Choon</div>	<div>Yoga</div> <div>10:00-11:00 am</div> <div>Sarah</div>	<div>Intermediate Yoga</div> <div>11:00am-12:15pm</div> <div>Sarah</div>	<div>SilverSneakers Enerchi</div> <div>(Gym)</div> <div>10:30-11:15 am</div> <div>Jen</div>	
		<div>Intermediate Yoga</div> <div>11:00am-12:15pm</div> <div>Sarah</div>		<div>Group Cycle</div> <div>11:15am-12:00 pm</div> <div>Sarah</div>	<div>SilverSneakers Circuit</div> <div>(Gym)</div> <div>10:00-10:45 am</div> <div>Jen</div>		
	<div>Pilates</div> <div>(Studio)</div> <div>5:30-6:15 pm</div> <div>Annette</div>	<div>SilverSneakers Circuit</div> <div>(Gym)</div> <div>10:00-10:45 am</div> <div>Jen</div>	<div>HIIT</div> <div>5:30-6:15 pm</div> <div>Annette</div>		<div>Silver Sneakers Yoga</div> <div>(Gym)</div> <div>11:00-11:45 am</div> <div>Jen</div>		
		<div>Silver Sneakers Yoga</div> <div>(Gym)</div> <div>11:00-11:45 am</div> <div>Jen</div>					

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## **HOURS OF OPERATION**

**Monday – Friday 5:00 am – 8:00 pm, Saturday 8:00 am – 4:00 pm, Sunday 8:00am–12:00pm**

## **CHILD WATCH**

**Monday & Wednesday 9:00am – 12:30pm, Monday – Thursday 4:00 – 7:30 pm, Friday – Closed Saturday 8:00am – 1:00pm, Sunday 8:00 – 11:30am**

**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 be accompanied by an adult at all times.
- Access to cardio equipment only.
- May participate in group exercise classes, if accompanied by an adult and at the discretion of the instructor.

**Ages 13–14**

- Do not need to be accompanied by an adult.
- Allowed to use cardio equipment.
- Allowed to use some strength training equipment.
- Not allowed to use free weight equipment.

**Ages 15 & up**

- Can access all equipment on Wellness floor and attend a group exercise class 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.**