

William-Emslie Family YMCA

Group Fitness Schedule/Gym

FEBRUARY 2026

Member Info	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>*Watch for POP UP Tai Chi Classes this Month!</div> <div>We will be adding Tai Chi in March to the permanent schedule</div>	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® Choon 9:00am-9:45am (Gym)	Yin Yoga 8:00am-8:45am Choon (Studio)		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)	Core & More 10:00-10:45 am Rhonda (Studio)	Body Sculpt and Strength 10:00-10:45 am Rhonda (½ gym)	Amazing Abs 10:00-10:45 am Rhonda (Studio)	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		
	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 Basketball 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

WELLNESS CENTER

Ages 10-11

- Must complete an orientation.
- Must be accompanied by an adult at all times.
- Allowed to use the 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.
- Must be accompanied by an adult.
- Allowed to use the cardio equipment and the selectorized strength training equipment.
- Not allowed to use free weight equipment.

Ages 15 & up

May use the Wellness Center and attend group exercise classes independently.

Other Age Requirements:

- Open/Lap Swim: 12 years old (must pass a swim test)
- Sauna: 18 years old