

**INDEPENDENT HEALTH YMCA  
NORTH GYM SCHEDULE  
MARCH 2026**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Family Open Gym</b> 7:00am-8:00am	<b>Open Gym &amp; Pickleball</b> ½ gym each 6:00am-8:30am	<b>Pickleball</b> ½ gym each 6:00am-8:30am	<b>Open Gym &amp; Pickleball</b> ½ gym each 6:00am-8:30am	<b>Pickleball</b> ½ gym each 6:00am-8:30am	<b>Open Gym &amp; Pickleball</b> ½ gym each 6:00am-7:30am	<b>Open Gym ½ gym</b> <b>Pickleball ½ gym</b> 7:00am-7:45am
<b>Pickleball</b> 8:00am-9:30am	<b>Low Impact Strength &amp; Conditioning</b> 9:00am-9:45am Tara B	<b>HIIT</b> 9:00am-9:45am Tara B	<b>Low Impact Strength &amp; Conditioning</b> 9:00am-9:45am Brian C	<b>HIIT</b> 9:00am-9:45am Tara B	<b>Low Impact Strength &amp; Conditioning</b> 7:45am-8:30am Tara B	
<b>Men's Pick-Up Basketball</b> 9:30am-1:30pm	<b>SilverSneakers® Classic – ticket required</b> 10:15 am-11:00 am Linda S	<b>SilverSneakers® Classic – ticket required</b> 10:15am-11:00am Annette A	<b>SilverSneakers® Yoga</b> 10:00am-10:45am Bonnie P	<b>Silver Sneaker® Classic – ticket required</b> 10:15 am-11:00 am Annette	<b>SilverSneakers® Classic</b> 9:00am-9:45am Annette A	<b>Jr. Cavs</b> 8:30am-12:30pm (Starting 2/14)
	<b>SilverSneakers® Yoga Classic</b> 11:15 am-12:00 pm Linda S	<b>SilverSneakers® Classic</b> 11:15am-12:00 pm Jody	<b>Senior Bootcamp</b> 11:15am- 12:00pm Annette A	<b>SilverSneakers® Classic</b> 11:15 am-12:00 pm Jody	<b>SilverSneakers® Yoga</b> 10:00am-10:45am Annette A	
<b>Open gym</b> 1:30pm-5:45pm	<b>Pick-Up Basketball</b> 12:15pm-1:45pm	<b>Pick-Up Basketball</b> 12:15pm-1:45pm	<b>Pick-Up Basketball</b> 12:00pm-1:45pm	<b>Pick-Up Basketball</b> 12:15pm-1:45pm	<b>Low Impact Strength &amp; Conditioning</b> 11:15am-12:00pm Brian C	<b>Pickleball</b> 3:00pm- 6:00pm
	<b>Pickleball**</b> 2pm-4:30pm Full	<b>Pickleball**</b> 2pm-4:30pm Full	<b>Pickleball**</b> 2pm-4:30 pm Full	<b>Instructional Pickleball**</b> 2pm-4:30pm Full	<b>Pickleball**</b> 12:30pm-3:45pm Full	
	<b>Jr. Cavs Practice</b> <b>5:30pm-7:30pm</b>	<b>Family Open Gym</b> 4:30 pm – 6pm	<b>Jr. Cavs Practice</b> <b>530pm-730pm</b>	<b>Jr. Cavs Practice</b> <b>530-730pm</b>	<b>Open Gym 1/2</b> 3:45pm-7:45pm	
		<b>HIIT</b> 6:15pm-7:00pm Tara B			<b>Basketball pickup</b> <b>40+</b> <b>½ gym</b>	
	<b>Adult Open Gym 18+</b> 8pm-9:45pm	<b>Pickleball</b> 7:30pm-9:00pm	<b>Adult Open Gym 18+</b> 8pm-9:45pm	<b>Adult Open Gym 18+</b> 8pm-9:45pm	<b>Adult Open Gym 18+</b> 8pm-9:45pm	
					<b>Open Gym</b> 6:15pm-7:45pm	

**\*= Requires registration. Starts 10/14**

**\*\* Please note these times are subject to change based on school cancellations/weather cancellation.**

Schedule Subject to change, for more information please call the Independent Health YMCA (716)276-8300.

**Family Open Gym** - designed as a free space for families to enjoy fun activities that do not occupy large portions of the gym via basketball games, pickleball matches, etc.

**Adult Open Gym** - dictates that only members aged 18+ may enter or if under 18, they must be accompanied by a legal guardian.

**INDEPENDENT HEALTH YMCA  
SOUTH GYM SCHEDULE  
MARCH 2026**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>Men's Pick-Up Basketball</b> 7:00am-11:30am	<b>Pickleball</b> 6:00am-8:30am	<b>Pickleball</b> 6:00am-8:30am	<b>Pickleball</b> 6:00am-8:30am	<b>Pickleball</b> 6:00am-8:30am	<b>Pickleball</b> 6:00am-8:30am	<b>Jr. Cavs</b> <b>7:30am-12:30pm</b> <b>(Starting 2/14)</b>	
	<b>Low Impact Circuit</b> 9:00am-9:45 am Jody	<b>Zumba®</b> 9:00am-9:45am Annette A	<b>Instructional Pickleball</b> <b>8:30am-9:45am</b>	<b>Zumba®</b> 9:00am-9:45am Annette A	<b>Homeschool Phys Ed</b> <b>9-11am (Full)</b>		
<b>Family open gym</b> <b>11:30 am -1pm</b>	<b>UPK</b> <b>10am-11am</b>	<b>UPK</b> <b>10am-11am</b>	<b>UPK</b> <b>10am-11am</b>	<b>UPK</b> <b>10am-11am</b>	<b>UPK /vac club</b> <b>11am-noon</b>	<b>Birthday Parties</b> <b>2pm-5pm</b>	
	<b>Pickleball</b> <b>Noon-3pm</b>	<b>Healthy Back</b> 11:15am-12pm Brian C	<b>Pickleball</b> <b>Noon-3pm</b>	<b>Healthy Back</b> 11:15am-12pm Brian C	<b>12:15pm- 3:00pm</b> <b>Open Basketball</b>		
	<b>SAAC</b> <b>4:30 -5:15pm (½)</b>	<b>12:15pm- 3:00pm</b> <b>Open Basketball</b>	<b>SAAC</b> <b>4:30 -5:15pm (½)</b>	<b>12:15pm- 3:00pm</b> <b>Open Basketball</b>	<b>SAAC</b> <b>4:30 -5:15pm (½)</b>		
<b>Birthday Parties</b> <b>2pm-5pm</b>	<b>Preschool T-Ball</b> <b>4:30-5:15pm (½)</b>	<b>Jr. Cavs Practice</b> <b>5:30-7:30pm</b>	<b>Preschool Basketball</b> <b>(1/2 Gym)</b> 4:30pm - 5:15pm	<b>SAAC</b> <b>4:30 -5:15pm (½)</b>	<b>Family Programming</b> <b>PNO 3/6</b> <b>Family Night 3/20</b> <b>4:30-8:30pm</b>	<b>Family Open Gym</b>  5:30 - 7:45p  KNO 3/14 5:30pm  AOA DINNER DANCE 3/21 3pm-close	
	<b>Basketball Skills/Drills</b> <b>(1/2)</b> 5:30pm-6:15pm		<b>Preschool Soccer</b> <b>(1/2 Gym) *</b> 5:30pm-6:15pm	<b>Jr. Cavs Practice (½)</b> <b>5:30-6:30pm</b>			<b>Jr. Cavs Practice (½)</b> 5:30-6:30pm
			<b>Open Rock Climbing</b> <b>(½ gym)</b> 6:30pm - 7:45pm	<b>Adult Pickleball</b> <b>6:30pm-9:00pm</b>			
	<b>Youth Lacrosse</b> <b>630pm-715pm</b>	<b>Youth Floor Hockey</b> <b>(½)</b>  6:30pm-7:15pm					
	<b>Adult Open Gym 19+</b> 8:30pm-9:45pm	<b>Adult Open Gym 19+</b> 8:00pm-9:45pm	<b>Adult Open Gym 19+</b> 8:00pm-9:45pm	<b>Adult Open Gym 19+</b> 9:00pm-9:45pm			<b>Adult Open Gym 19+</b> 8:15pm-9:45pm

**\*= Requires registration.**

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**INDEPENDENT HEALTH YMCA  
STUDIO 1 SCHEDULE  
MARCH 2026**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Les Mills BodyBalance</b> 8:00am-9:00am Erica/Michelle	<b>Pilates</b> 7:00am-7:45am Erica B	<b>BODYPUMP®</b> 5:30am-6:15am Brett P		<b>BODYPUMP®</b> 5:30am-6:15am Brett P		<b>BODYPUMP®</b> 8:00am-8:45am Michelle C
			<b>SilverSneakers® Classic</b> 8:00 – 8:40 am Lauren	<b>Core &amp; More</b> 8:00am-8:45am Tara B	<b>Pilates</b> 7:00am-7:45am Erica B	
				<b>SilverSneakers® Circuit</b> 9:00 – 9:45 am Jody H	<b>BODYPUMP®</b> 8:00am-8:45am Kym S	
	<b>BODYPUMP®</b> 9:00am-10:00am Kym S	<b>SilverSneakers® Circuit</b> 9:00am-9:45am Gene G	<b>BODYPUMP®</b> 9:00am-10:00am Kym S	<b>Soul Fusion™</b> 10:00am-10:45am Lana S.	<b>HIIT</b> 9:00am-9:45am Tara B	<b>Cardio Kickboxing</b> 9:00am-9:45am Michelle C
<b>BODYPUMP®</b> 9:15am-10:15am Brett P	<b>Zumba Gold</b> 10:15am-11:00am Mary G	<b>BODY SCULPT</b> 10:00am-10:45am Lana S	<b>Cardio Drums</b> 10:15am-11:00am Annette A	<b>Low Impact Cardio</b> 11:15am-12:00 pm Annette A	<b>Drums Alive</b> 10:00am-10:45am Gene G	<b>BODYPUMP®</b> 10:00am-11:00am Rebecca K
<b>Yoga</b> 10:30am-11:30am Lisa W	<b>Senior Circuit</b> 11:15am-12:00pm Holly Z	<b>Low Impact Circuit</b> 11:15am-12:00 pm Annette A	<b>Senior Circuit</b> 11:15am-12:00pm Holly Z	<b>SilverSneakers® Classic</b> 12:15 – 1:00 pm Diana R	<b>SilverSneakers® Stability</b> 11:00am-11:30am Gene G	<b>Yoga</b> 11:15am-12:15pm Lisa W
	<b>Line Dancing</b> 12:15pm-1:00pm Jody H	<b>SilverSneakers® Classic</b> 12:15 – 1:00 pm Diana R				<b>Enhance®Fitness</b> 12:30pm – 1:30pm Diana R. *Registration Required
	<b>Fusion</b> 5:00pm-5:45pm Shawniece B	<b>Enhance®Fitness</b> 1:30 pm – 2:30pm Diana R. *Registration Required	<b>Barre</b> 5:00pm-5:45pm Shawniece B	<b>Fusion</b> 5:15pm-6:00pm Cathy S		
	<b>BODYPUMP®</b> 6:15pm-7:15pm Christine M	<b>Les Mills Core</b> 6:30pm-7:00pm Lindsay B	<b>BODYPUMP®</b> 6:15pm-7:15pm Kristen L	<b>Low Impact Strength &amp; Conditioning</b> 6:15-7:00pm Brian C	<b>BODYPUMP®</b> 5pm-6pm Kristen L	
		<b>Cardio Dance</b> 7:15pm-8:00pm Denise P	<b>BODYCOMBAT Express</b> 7:20pm-8:00pm Kristen L	<b>ZUMBA®</b> 7:10-7:55pm Brenda R		

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**INDEPENDENT HEALTH YMCA  
STUDIO 2 SCHEDULE  
MARCH 2026**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Zumba</b> 9:30am-10:15am Mary Ellen G	<b>Les Mills Core</b> 6:45am-7:15am Michelle C	<b>Yoga</b> 7:00am-8:00am Nikki C	<b>Yin Yoga</b> 7:00am-8:00am Nikki C	<b>Yoga</b> 7:00am-8:00am Nikki C	<b>Les Mills Core</b> 6:45am-7:15am Michelle C	<b>Power Yoga</b> 8:45am-9:45am Tommy L.
	<b>BODYBALANCE</b> 9:00am-9:45am Linda S.	<b>Core &amp; Flow</b> 8:10am-8:50am Nikki C	<b>Pilates</b> 9:00am-9:45am Annette A.	<b>Core &amp; Flow</b> 8:10am-8:50am Nikki C	<b>Tai Chi Beginner</b> 8:00am-8:45am Brian C	
	<b>Barre</b> 10:15am-11:00am Holly Z			<b>BODYBALANCE</b> 10:00am-10:45am Michelle B	<b>Tai Chi</b> 9:00am-9:45am Gene G	<b>Yin Yoga</b> 9:00am-9:45am Bonnie P
<b>BODYCOMBAT</b> 10:30am-11:30am Kristen L	<b>Yoga</b> 11:15am-12:15pm Bonnie P	<b>BODYCOMBAT</b> 10:00am-11:00am Diana R	<b>Yoga</b> 11:00am-12:00pm Bonnie P	<b>BODYCOMBAT</b> 10:00am-11:00am Diana R	<b>BODY SCULPT</b> 10:00am-10:45am Lana S	<b>Zumba</b> 11:00am-11:45am Brenda R
		<b>Parkinsons Movement</b> 11:15pm-12:00 pm Ed H	<b>Tai Chi Beginner</b> 4:15pm-5:00pm Brian C	<b>Parkinsons Movement</b> 11:15pm-12:00 pm Ed H	<b>Pilates</b> 11:00am-11:45am Annette A	
		<b>Zumba®</b> 5:30pm-6:15pm Sheila G	<b>Tai Chi Intermediate/Advanced</b> 5:15pm-6:00pm Brian C	<b>Les Mills Core</b> 5:45pm-6:15pm Christine M	<b>Tai Chi Intermediate/Advanced</b> 12:30pm-1:15pm Brian C	
		<b>Swim Team*</b> 6:15pm-7:00pm		<b>Power Yoga</b> 6:30pm-7:30pm Nadya M.		
	<b>Yoga</b> 7:00pm-7:45pm MaryEllen G.	<b>BODYBALANCE®</b> 7:15pm-8:00pm Lindsay B.				

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INDEPENDENT HEALTH YMCA  
**CYCLE ROOM**  
**MARCH 2026**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Group Cycling</b> 8:00am-8:45am Pam V	<b>Group Cycling</b> 5:45am-6:30am Michelle C	<b>Group Cycling</b> 9:30am-10:15am Abby M	<b>Group Cycling</b> 6:00 am-6:45 am Greg P		<b>Group Cycling</b> 5:45am-6:30am Michelle C	
	<b>Group Cycling</b> 9:30am-10:15am Ryan A		<b>Group Cycling</b> 9:30am-10:15am Abby M		<b>Group Cycling</b> 9:30am-10:15am Abby M	
<b>Endurance Cycle</b> 9:00am-10:30am Michelle C		<b>Cycle 30</b> 10:30am-11:00am Abby M		<b>Group Cycling</b> 5:00pm-5:45pm Shawniece B		<b>Group Cycling</b> 9:00am-9:45am Alison C
		<b>Les Mills SPRINT</b> 5:30pm-6:00pm David A	<b>Group Cycling</b> 6:15pm-7:00pm Shawniece B			
	<b>Group Cycling</b> 5:00pm-5:45pm Mary Ellen G	<b>Group Cycling</b> 6:15pm-7:00pm Cathy S				

All TRX Circuit and Small Group Training classes are located  
 on the right side of the Wellness Floor.