

# William-Emslie Family YMCA

## Group Fitness Schedule/Gym

### MARCH 2026

Member Info	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>*Watch for POP UP Tai Chi Classes this Month!</b></p> <p><b>We will be adding Tai Chi in March to the permanent schedule</b></p>	<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 Choon	<b>Open Gym</b> 8:00-8:45am	<b>HIIT</b> 7:00am-7:45am Choon			
	<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> ® Choon 9:00am-9:45am (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 Choon		<b>Pilates</b> 9:00am-9:45am Choon			
		<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>Pilates</b> 5:00pm-5:45pm <b>Mariely</b> (Studio)	<b>SMARTfit</b> 2:00pm-3:00pm Rhonda		<b>Senior Line Dancing</b> 10:00am-12:00pm (Senior Room)				
<b>Open Gym</b> 4:30pm-7:45pm	<b>Strength and Conditioning</b> 5:15pm-6:00pm Matt (Studio)	<b>Open Gym</b> 4:30pm-7:45pm	<b>Open Gym</b> 4:30pm-7:45pm	<b>Open Basketball</b> 4:30pm-7:45pm			
	<b>Core</b> 6:05pm-6:50pm Matt (Studio)		<b>Core</b> 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