

**INDEPENDENT HEALTH FAMILY YMCA**  
**NORTH GYM SCHEDULE**  
**APRIL 2026**



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

**\*= 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 FAMILY YMCA  
**SOUTH GYM SCHEDULE**  
**APRIL 2026**



| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   |   |
|---|--|--|--|--|---|--|---|
| <b>Men's Pick-Up Basketball</b><br>7:00am-11:30am | <b>Pickleball</b><br>6:00am-8:30am                     | <b>Pickleball</b><br>6:00am-8:30am                 | <b>Pickleball</b><br>6:00am-8:30am                       | <b>Pickleball</b><br>6:00am-8:30am               | <b>Pickleball</b><br>6:00am-8:30am  | <b>Jr. Cavs</b><br>7:30am-12:30pm                                    |   |
|   | <b>Low Impact Circuit</b><br>9:00am-9:45 am<br>Jody    | <b>Zumba®</b><br>9:00am-9:45am<br>Annette A        | <b>Instructional Pickleball</b><br>8:30am-9:45am         | <b>Zumba®</b><br>9:00am-9:45am<br>Annette A      | <b>Homeschool Phys Ed</b><br>9-11am (Full)                                |  |   |
| <b>Family open gym</b><br>11:30 am -1pm           | <b>UPK</b><br>10am-11am                                | <b>UPK</b><br>10am-11am                            | <b>UPK</b><br>10am-11am                                  | <b>UPK</b><br>10am-11am                          | <b>UPK /vac club</b><br>11am-noon   | <b>Birth Party Parties</b><br>2pm-5pm                                |   |
|   | <b>Pickleball</b><br>Noon-3pm                          | <b>Healthy Back</b><br>11:15am-12pm<br>Brian C     | <b>Pickleball</b><br>Noon-3pm                            | <b>Healthy Back</b><br>11:15am-12pm<br>Brian C   | <b>12:15pm- 3:00pm</b><br><b>Open Basketball</b>                          |  |   |
|   | <b>SAAC</b><br>4:30 -5:15pm (½)                        | <b>12:15pm- 3:00pm</b><br><b>Open Basketball</b>   | <b>SAAC</b><br>4:30 -5:15pm (½)                          | <b>12:15pm- 3:00pm</b><br><b>Open Basketball</b> | <b>SAAC</b><br>4:30 -5:15pm (½)   |  |   |
| <b>Birth Party Parties</b><br>2pm-5pm             | <b>Preschool T-Ball</b><br>4:30-5:15pm (½)             | <b>Jr. Cavs Practice</b><br>5:30-7:30pm            | <b>Preschool Basketball (1/2 Gym)</b><br>4:30pm - 5:15pm | <b>SAAC</b><br>4:30 -5:15pm (½)                  | <b>Family Programming</b><br>PNO 4/10<br>Family Night 4/20<br>4:30-8:30pm | <b>Family Open Gym</b><br><br>5:30 - 7:45p<br><br>KNO 4/18<br>5:30pm |   |
|   | <b>Basketball Skills/Drills (1/2)</b><br>5:30pm-6:15pm |  | <b>Preschool Soccer (1/2 Gym) *</b><br>5:30pm-6:15pm     | <b>Jr. Cavs Practice (½)</b><br>5:30-6:30pm      |   |  | <b>Jr. Cavs Practice (½)</b><br>5:30-6:30pm |
|   |  |  | <b>Open Rock Climbing (½ gym)</b><br>6:30pm - 7:45pm     | <b>Adult Pickleball</b><br>6:30pm-9:00pm         |   |  |   |
|   | <b>Youth Lacrosse</b><br>630pm-715pm                   | <b>Youth Floor Hockey (½)</b><br><br>6:30pm-7:15pm |  |  |   |  |   |
|   | <b>Adult Open Gym 19+</b><br>8:30pm-9:45pm             | <b>Adult Open Gym 19+</b><br>8:00pm-9:45pm         | <b>Adult Open Gym 19+</b><br>8:00pm-9:45pm               | <b>Adult Open Gym 19+</b><br>9:00pm-9:45pm       |   |  | <b>Adult Open Gym 19+</b><br>8:15pm-9:45pm  |

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INDEPENDENT HEALTH FAMILY YMCA  
**STUDIO 1 SCHEDULE**  
**APRIL 2026**



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

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**INDEPENDENT HEALTH FAMILY YMCA  
STUDIO 2 SCHEDULE  
APRIL 2026**



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

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INDEPENDENT HEALTH FAMILY YMCA  
**CYCLE ROOM**  
**APRIL 2026**



| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  |
|--|---|--|---|--|--|---|
| <b>Group Cycling</b><br>8:00am-8:45am<br>Pam V | <b>Group Cycling</b><br>5:45am-6:30am<br>Michelle C   | <b>Group Cycling</b><br>9:30am-10:15am<br>Abby M<br><br><b>Cycle 30</b><br>10:30am-11:00am<br>Abby M | <b>Group Cycling</b><br>6:00 am-6:45 am<br>Greg P |  | <b>Group Cycling</b><br>5:45am-6:30am<br>Michelle C                  |   |
|  | <b>NEW Les Mills SPRINT</b><br>8:15am-8:45am<br>Amy M |  | <b>Group Cycling</b><br>9:30am-10:15am<br>Abby M  |  | <b>Group Cycling</b><br>9:30am-10:15am<br>Abby M                     |   |
|  | <b>Group Cycling</b><br>9:30am-10:15am<br>Ryan A      | <b>Les Mills SPRINT</b><br>5:30pm-6:00pm<br>David A  |   | <b>Group Cycling</b><br>5:00pm-5:45pm<br>Shawneece B | <b>Group Cycling</b><br>10:00am-10:45am<br>Sarah C<br>(Resumes 4/17) | <b>Group Cycling</b><br>9:00am-9:45am<br>Alison C |
|  | <b>Group Cycling</b><br>5:00pm-5:45pm<br>Mary Ellen G |  | <b>Group Cycling</b><br>6:15pm-7:00pm<br>Cathy S  |  | <b>Group Cycling</b><br>6:15pm-7:00pm<br>Shawneece B                 |   |
|  |   |  |   |  |  |   |

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