

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>OPEN GYM</b> 8:00am-10:00am	<b>OPEN GYM</b> 5:00-9:00am	<b>OPEN GYM</b> 5:00-7:00am	<b>OPEN GYM</b> 5:00-7:45am	<b>OPEN GYM</b> 5:00-7:00am	<b>OPEN GYM</b> 5:00-9:15am	<b>OPEN GYM (Half Court)</b> 8:00am-11:00am	
	<b>Silver Sneakers Circuit</b> 9:15-9:45am Annette	<b>PICKLEBALL</b> 7:00-9:45am	<b>Line Dancing</b> 8:00-8:45am Choon	<b>Pilates</b> 9:00-9:45am Choon	<b>PICKLEBALL</b> 7:00-9:45am		<b>Silver Sneakers Classic</b> 9:30-10:15am Jen
<b>Silver Sneakers Circuit</b> 10:00-10:45am Jen		<b>Silver Sneakers Yoga</b> 11:00-11:45am Jen	<b>Silver Sneakers Classic</b> 10:00-10:45am Choon			<b>Silver Sneakers Circuit</b> 10:00-10:45am Jen	
<b>OPEN GYM ½ gym</b> 10:00am-11:45am	<b>Silver Sneakers Classic</b> 10:00-10:45am Jen	<b>Indoor Walking</b> 12:00-1:00pm	<b>PICKLEBALL</b> 11:00-1:00pm	<b>Silver Sneakers Yoga</b> 11:00-11:45am Jen	<b>Silver Sneakers Enerchi</b> 10:30-11:15am Jen	<b>GYM EVENTS</b> 11:00-12:00pm	
	<b>PICKLEBALL</b> 11:00-1:00pm	<b>OPEN GYM</b> 3:15pm-5:45pm	<b>Beginner PICKLEBALL</b> 1:00-2:45pm	<b>Indoor Walking</b> 12:00-1:00pm	<b>PICKLEBALL</b> 11:30-1:00pm		
	<b>Beginner PICKLEBALL</b> 1:00-2:45pm	<b>Preschool Tumblers</b> 6:00-6:45pm		<b>OPEN GYM</b> 1:45pm-4:45pm	<b>Beginner PICKLEBALL</b> 1:00-2:45pm		
	<b>OPEN GYM</b> 3:00pm-7:45pm	<b>Youth Basketball</b> 7:00-7:45pm	<b>OPEN GYM</b> 3:00pm-7:45pm	<b>PICKLEBALL ½ gym</b> 5:00-7:45pm	<b>OPEN GYM</b> 3:00pm-7:45pm		<b>OPEN GYM</b> 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  
APRIL 2026**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<b>Group Cycle</b> 10:00-10:45 am Kat	<b>Silver Sneakers Circuit</b> (Gym) 9:15-9:45 am Annette		<b>Les Mills Bodypump</b> 6:15-7:00 am Becky	<b>Core &amp; More</b> 7:05-7:45 am Choon	<b>Strength &amp; Conditioning</b> 8:00-8:45 am Dave	<b>Bands &amp; Body Weight</b> 8:00-8:45 am Dave	<b>Les Mills Bodypump</b> 8:15-9:15 am Anthony	
<b>Les Mills Bodypump</b> 11:00-12:00 pm Kat	<b>Silver Sneakers Classic</b> (Gym) 10:00-10:45 am Jen	<b>Strength &amp; Conditioning</b> 8:00-8:45 am Dave		<b>Line Dancing</b> (Gym) 8:00-8:45 am Choon	<b>Healthy Back</b> 9:00-9:45 am Dave	<b>Core &amp; More</b> 9:00-9:45am Dave	<b>Beginner Yoga</b> 10:00-10:45 am Sarah	
	<b>Zumba®</b> 10:00-10:45 am Annette	<b>Healthy Back</b> 9:00-9:45 am Dave	<b>Pilates</b> (Gym) 9:00-9:45 am Choon	<b>Yoga</b> 10:00-11:00 am Sarah	<b>Beginner Yoga</b> 10:00-11:00 am Sarah	<b>SilverSneakers Classic</b> 9:30-10:15 am Jen	<b>Intermediate Yoga</b> 12:00-1:15 pm Sarah	
	<b>Cardio Dance</b> (Studio) 4:00-4:45 pm Giselle (Starts March 16 <sup>th</sup> )	<b>Beginner Yoga</b> 10:00-11:00 am Sarah	<b>SilverSneakers Classic</b> (Gym) 10:00-10:45 am Choon	<b>Group Cycle</b> 11:15am-12:00 pm Sarah	<b>Intermediate Yoga</b> 11:00am-12:15pm Sarah	<b>SilverSneakers Circuit</b> (Gym) 10:00-10:45 am Jen		
	<b>Pilates</b> (Studio) 5:30-6:15 pm Annette	<b>Intermediate Yoga</b> 11:00am-12:15pm Sarah	<b>HIIT</b> 5:30-6:15 pm Annette		<b>Silver Sneakers Yoga</b> (Gym) 11:00-11:45 am Jen	<b>Silver Sneakers Enerchi</b> (Gym) 10:30-11:15 am Jen		
	<b>SilverSneakers Circuit</b> (Gym) 10:00-10:45 am Jen	<b>Silver Sneakers Yoga</b> (Gym) 11:00-11:45 am Jen		<b>Power Yoga</b> 6:00-6:45 pm Tommy (Starts 4/9)				

## **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.