

William-Emslie Family YMCA

GYM SCHEDULE: Group Exercise, Pickleball, Sports, and Open Gym

APRIL 2026

| Member Info | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------|---|---|--|---|--|--|
| | Open Gym 6:00am-7:45am | Open Gym 6:00am-6:45am | Open Gym 6:00am-6:45am | Open Gym 6:00am-6:45am | Open Gym 6:00am-8:45am | |
| | | Group Cycling 7:00am-7:45am Paulette | Group Cycling 7:00am-7:45am Paulette | Group Cycling 7:00am-7:45am Paulette | | |
| | Silver Sneakers Enerchi® 8:00am-8:45am Choon | Open Gym 8:00am-8:45am | Open Gym 8:00am-9:45 am | Open Gym 8:00am-8:45am | | |
| | Silver Sneakers Yoga® Choon 9:00am-9:45am | Pickleball 9:00am-10:45am | Body Sculpt and Strength 10:00am-10:45am Rhonda | Pickleball 9:00am-10:45am | Pickleball 9:00am-10:00am | Jr. Cavs Basketball 8:00am 12:15pm |
| | Silver Sneakers Classic® 11:00am-11:45am Claudia | Silver Sneakers Yoga® 11:00am-11:45am Rhonda | Silver Sneakers Classic® 11:00am-11:45am Rhonda | Cardio Dance 11:00am-11:45am Rhonda | Walking Club 10:00am-10:45am Rhonda | |
| | Pickleball 12:00pm-3:00pm | Silver Sneakers Classic® 12:00pm-12:45pm Claudia | Open Gym 12:00pm – 4:15pm | Silver Sneakers Classic® 12:00pm-12:45pm Claudia | Silver Sneakers Classic® 11:00am-11:45am Rhonda | |
| | SACC Program 3:00pm – 4:15pm | EnhanceFitness 1:00pm – 2:00pm Claudia | | EnhanceFitness 1:00pm – 2:00pm Claudia | Open Gym 12:00pm – 4:30pm | |
| | Youth Sports: Track 4:30pm – 5:30pm | Open Gym 1:00pm – 5:30pm | Youth Sports: Track 4:30pm – 5:30pm | Open Gym 1:00pm – 5:30pm | | Open Gym 12:15pm - 12:45pm |
| | | Jr. Cavs Basketball Practice 5:45pm - 6:45pm | Open Gym 5:45pm-7:45pm | Jr. Cavs Basketball Practice 5:45pm - 6:45pm | Youth Sports: Track 4:30pm – 5:30pm | |
| | Open Gym 5:45pm – 7:45pm | | | Open Gym 7:00pm – 7:45pm | Open Basketball 5:45pm-7:45pm | |

Schedule Subject to change, for more information please call the William-Emslie YMCA (716) 845-5440.

William-Emslie Family YMCA

Group Exercise Schedule: Studio and Gym

APRIL 2026

| Member Info | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------|--|--|--|--|--|----------|
| | | Group Cycling 7:00am-7:45am Paulette (Gym) | | | | |
| | Yin Yoga 7:00am-7:45am Choon (Studio) | HIIT 7:00am-7:45am Choon (Studio) | Group Cycling 7:00am-7:45am Paulette (Gym) | Group Cycling 7:00am-7:45am Paulette (Gym) | | |
| | Silver Sneakers Enerchi® 8:00am-8:45am Choon (Gym) | Yin Yoga 8:00am-8:45am Choon (Studio) | | HIIT 7:00am-7:45am Choon (Studio) | | |
| | Silver Sneakers Yoga® 9:00am-9:45am Choon (Gym) | Pilates 9:00am-9:45am Choon (Studio) | | Yin Yoga 8:00am-8:45am Choon (Studio) | | |
| | Line Dancing 10:00am-10:45am Choon (Studio) | Tai Chi Qi Gong 10:00am-10:45am Choon | | Pilates 9:00am-9:45am Choon (Studio) | | |
| | | Core & More 10:00-10:45 am Rhonda (Studio) | Body Sculpt and Strength 10:00-10:45 am Rhonda (Gym) | Amazing Abs 10:00-10:45 am Rhonda (Studio) | Walking Club 10:00-10:45 am Rhonda (Gym) | |
| | Silver Sneakers Classic® 11:00am-11:45am Claudia (Gym) | Silver Sneakers Yoga® 11:00-11:45 am Rhonda (Gym) | Silver Sneakers Classic® 11:00-11:45 am Rhonda (Gym) | Cardio Dance 11:00-11:45 am Rhonda (Gym) | Silver Sneakers Classic® 11:00-11:45 am Rhonda (Gym) | |
| | | Silver Sneakers Classic® 12:00pm-12:45pm Claudia (Gym) | | Silver Sneakers Classic® 12:00pm-12:45pm Claudia (Gym) | | |
| | | Smartfit 2:00-2:45pm Rhonda (Studio) | | | | |
| | | | | | | |
| | Pilates 5:00pm-5:45pm Mariely (Studio) | Strength and Conditioning 5:15pm-6:00pm Matt (Studio) | | Strength and Conditioning 5:15pm-6:00pm Matt (Studio) | | |
| | | 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