

SOUTHTOWNS FAMILY YMCA
MAIN GYM 1
MAY 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym For All 7:00am - 5:45pm	Fusion (Main Gym 1 & 2) 5:15am - 6:00am Karen	Open Gym for All 5:00am - 7:30 am	Fusion (Main Gym 1 & 2) 5:15am - 6:00am Karen	Open Gym for All 5:00am - 7:30 am	Fusion (Main Gym 1 & 2) 5:15am - 6:00am Karen	Open Gym for All 7:00am - 7:45pm
	Open Gym for All 6:15am - 7:30 am		Open Gym for All 6:15am - 7:30 am		Open Gym for All 6:15am - 7:30 am	
	Low Impact 8:15am - 9:00am Arianna C	SilverSneakers® Circuit 8:15am - 9:00am Marla W	Low Impact 8:15am - 9:00am Jane L.	SilverSneakers® Circuit 8:15am - 9:00am Marla W	Low Impact 8:15am - 9:00am Brandon F	
	SilverSneakers® Classic 9:30am - 10:15am Brandon F	SilverSneakers® Classic 9:30am - 10:15am Marla W	Open Gym for All 9:15am - 10:15am	SilverSneakers® Classic 9:30am - 10:15am Marla W	SilverSneakers® Classic 9:30am - 10:15am Brandon F	
	Zumba® 10:30am - 11:15am Sara B	Open Gym for All 10:30am - 12:45pm	Zumba® 10:30am - 11:15am Sara B	Open Gym for All 10:30am - 12:45pm	Zumba® 10:30am - 11:15am Brandon F	
	Zumba Gold® 11:30am - 12:15pm Sara B	SilverSneakers® Classic 1:00pm - 1:45pm	Zumba Gold® 11:30am - 12:15pm Sara B	SilverSneakers® Classic 1:00pm - 1:45pm	Zumba Gold® 11:30am - 12:15pm Brandon F	
	UPK Gym Time 1:00pm - 2:00pm	Open Gym For All 2:00pm - 5:15pm	UPK Gym Time 1:00pm - 2:00pm	Open Gym For All 2:00pm - 8:00pm	UPK Gym Time 1:00pm - 2:00pm	
	Preschool Soccer 5:00pm - 5:45pm	Preschool Basketball 5:30pm - 6:15pm	Open Gym for All 2:15pm - 8:00pm		Open Gym for All 2:15pm - 8:00pm	
	Youth Soccer 6:00pm - 6:45pm	Preschool T-Ball 6:30pm - 7:15pm				
	Youth Lacrosse 7:00pm - 7:45pm	Open Gym for All 7:30pm - 8:00pm				
FAMILY/ADULT OPEN GYM** 8:00pm - 9:45pm	FAMILY/ADULT OPEN GYM** 8:00pm - 9:45pm	FAMILY/ADULT OPEN GYM** 8:00pm - 9:45pm	FAMILY/ADULT OPEN GYM** 8:00pm - 9:45pm	FAMILY/ADULT OPEN GYM** 8:00pm - 9:45pm		

*Please be aware that the enCourage Benefit for Both programs will be in MG1 from 11:30am-2:00pm on the 1st & 3rd Wednesday of the month. *Please recognize the 15-minute or 30-minute transition time allotted between programs for setup and breakdown.

SOUTHTOWNS FAMILY YMCA
MAIN GYM 2
MAY 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	Fusion 5:15am - 6:00am Karen	Open Gym For All 5:00am - 10:00am	Fusion 5:15am - 6:00am Karen	Open Gym For All 5:00am - 8:00pm	Fusion 5:15am - 6:00am Karen		
Open Gym For All 7:00am - 7:45am	Open Gym For All 6:15am - 10:15am		Open Gym For All 6:15am - 10:15am		Open Gym For All 6:15am - 10:15am	Open Gym For All 6:15am - 10:15am	Pickleball All Levels 7:00am - 10:15am
Pickleball Recreational 8:00am - 10:00am	Zumba® 10:30am - 11:15am Sara B	Homeschool Phys. Ed. 10:15am - 11:30am	Zumba® 10:30am - 11:15am Sara B		Zumba® 10:30am - 11:15am Brandon F		
Pickleball All Levels 10:00am - 12:15pm	Open Gym For All 11:30am - 1:45pm	Open Gym For All 11:45am - 8:00pm	Open Gym For All 11:30am - 1:45pm		Open Gym For All 11:30am - 1:45pm	Open Gym For All 11:30am - 1:45pm	Open Gym For All 10:30am - 7:45pm
Open Gym For All 12:30pm - 5:45pm	Pickleball 1 Court All Levels 1 Court Recreational 2:00pm - 4:00pm		Pickleball 1 Court All Levels 1 Court Recreational 2:00pm - 4:00pm		Pickleball 1 Court All Levels 1 Court Recreational 2:00pm - 4:00pm	Pickleball 1 Court All Levels 1 Court Recreational 2:00pm - 6:00pm	
	Open Gym For All 4:15pm - 8:00pm		Open Gym For All 4:15pm - 4:45pm		Open Gym For All 4:15pm - 4:45pm	Open Gym For All 6:15pm - 8:00pm	
			Preschool Tumblers 5:00pm - 5:45pm	Preschool Tumblers 5:00pm - 5:45pm			
			Youth Gymnastics 6:00pm - 6:45pm	Youth Gymnastics 6:00pm - 6:45pm			
	Youth Ninja 7:00pm - 7:45pm	Youth Ninja 7:00pm - 7:45pm					
	FAMILY/ADULT OPEN GYM** 8:00pm - 9:45pm	FAMILY/ADULT OPEN GYM** 8:00pm - 9:45pm	FAMILY/ADULT OPEN GYM** 8:00pm - 9:45pm	FAMILY/ADULT OPEN GYM** 8:00pm - 9:45pm	FAMILY/ADULT OPEN GYM** 8:00pm - 9:45pm		

****FAMILY/ADULT OPEN GYM denotes that members must be 18+. Children under the age of 18 must be accompanied by a parent or guardian over 18 years to utilize this space. Schedule subject to change. For more information, please call 716-674-9622.**

SOUTHTOWNS FAMILY YMCA
AUXILIARY GYM
 MAY 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym for All 7:00am - 7:45am	Open Gym for All 5:00am - 5:45am	Spin Interval 5:15am - 6:00am	Open Gym for All 5:00am - 5:45am	Open Gym for All 5:00am - 8:00am	Open Gym for All 5:00am - 5:45am	Open Gym for All 7:00am - 8:00am
	Advanced Pickleball 6:00am - 9:00am	Open Gym for All 6:15am - 8:45am	Pickleball All Levels 6:00am - 9:00am	Interval Training 8:15am - 9:00am Tiffany K	Advanced Pickleball 6:00am - 9:00am	HITT 8:15am - 9:00am Sara V
Cycling 8:00am - 8:45am Amy M	Strength & Conditioning 9:30am - 10:15am Holly B/Tiffany K	BODYPUMP HEAVY™ 9:15am - 10:20am Melissa M	Strength & Conditioning 9:30am - 10:15am Holly B/Tiffany K	BODYPUMP™ Express 9:30am - 10:20am Melissa M	Strength & Conditioning 9:30am - 10:15am Tiffany	Cycling 9:30am - 10:30am Sara V
BODYPUMP™ Express 9:15am - 10:05am Melissa M	Low Impact Cycling 10:30am - 11:15am Sue K (1/2 gym) Open Gym for All (1/2 Gym then Full) 10:30am - 1:45pm	Yoga 10:30am - 11:30am Sue K	Open Gym for All 10:30am - 1:45pm	Yoga 10:30am - 11:30am Sue K	Cycling 10:30am - 11:15am Tiffany (1/2 gym) Open Gym for All (1/2 Gym then Full) 10:30am - 1:45pm	Les Mills BODYPUMP™ 11:00am - 12:00pm Kelly/David
		Zumba 12:00pm - 12:45pm Melissa T		Cardio Dance 12:00pm - 12:45pm Melissa T		
Pickleball All Levels 10:15am - 3:00pm	Pickleball All Levels 2:00-4:45pm	UPK Gym Time 1:00pm - 2:00pm	Pickleball All Levels Recreational 2:00pm - 4:00pm	UPK Gym Time 1:00pm - 2:00pm	Pickleball All Levels 2:00pm - 4:00pm 1 Court Recreational 4:00pm - 6:00pm	Open Gym for All 12:15pm - 7:45pm
				Open Gym for All 2:15pm - 4:15pm		
Open Gym for All 3:15pm - 5:45pm	HITT 5:15pm - 6:00pm Renaë	Open Gym for All 2:15pm - 4:15pm	Cycling Circuit 4:30pm - 5:30pm Sara V	Cycling 4:30pm - 5:30pm Sara V	Parents' Night Out 6:00pm - 9:00pm 5/1	Open Gym for All 12:15pm - 7:45pm
	Cycling 6:15pm - 7:00pm Abby G		Cycling 4:30pm - 5:30pm Sara V	HITT 5:45pm - 6:30pm Renaë		
	Les Mills BODYPUMP™ 7:15pm - 8:15pm Sara V	Balanced Boxing 5:45pm - 6:45pm Fitness Boxing 6:45pm - 7:45pm 5/15	Open Gym For All 7:00pm - 8:00pm	Kid's Fitness 6:45pm - 7:15pm Erin R	Family Night 6:30pm - 8:00pm 5/15	
	Adult/Family Open Gym** 8:30pm - 9:45pm	Pickleball All Levels 8:00pm - 9:45pm	Adult/Family Open Gym** 8:00pm - 9:45pm	Adult/Family Open Gym** 8:00pm - 9:45pm	Adult/Family Open Gym** 8:00pm - 9:45pm	Kids' Night Out 4:30pm - 7:30pm 5/9

****ADULT/FAMILY OPEN GYM denotes that members must be 18+. Children under the age of 18 must be accompanied by a parent or guardian over 18 years to utilize this space. Schedule subject to change. For more information, please call 716-674-9622.**

SOUTHTOWNS FAMILY YMCA
STUDIO
MAY 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Yoga 7:00am - 7:45am Janice	Les Mills BODYPUMP HEAVY 5:15am-6:15am Elliot M		
	SilverSneakers® Yoga 8:00am - 8:45am Brandon	Women On Weights 6:30am - 7:30am Savannah W <i>*Registration required*</i>	Women On Weights 7:45am - 8:45am Savannah W <i>*Registration required*</i>	Pilates 7:00am - 7:45am Mariely	Yoga 7:00am - 7:45am Janice	Fusion 8:00am - 9:00am Kim
Les Mills BODYSTEP™ 9:15am - 10:00am Kelly O	Cardio Kickboxing 9:00am - 10:15am Jess	Golf Prep & Conditioning 10:00am - 10:50am <i>*Registration required*</i>	Cardio Kickboxing 9:00am - 10:15am Jess	Zumba® Toning 10:00am - 10:45am Brandon	Cardio Kickboxing 9:00am - 10:15am Jess	Mindful Movement 9:00am - 9:45am Kim
Healthy Back 10:15am - 11:00am Joy	Les Mills BODYPUMP™ 10:30am - 11:30am Holly B	Zumba® Step 11:00am - 11:45am Melissa T	SilverSneakers® Circuit 10:30am - 11:15am Jane	Core & More 11:00am - 11:45am Melissa T		Cardio Kickboxing 10:00am - 11:00am Jess
Yoga 11:15am - 12:15pm Joy	Yoga 11:45am - 12:45pm Mary Beth	SilverSneakers® Yoga 12:00pm - 12:45pm Sue	Barre 11:30am - 12:30pm Melissa T	SilverSneakers® Yoga 12:00pm - 12:45pm Sue	Barre 11:00am - 11:45am Melissa T	Yoga 11:15am - 12:15pm Adrianna
	Core & More 4:45pm - 5:30pm Kelly O	Pilates 4:00pm - 4:45pm Cass P	Pilates 4:30pm - 5:10pm Cass P	Strength & Conditioning 4:30pm - 5:15pm Kelly O		
	Cardio Kickboxing 5:45pm - 6:45pm Jess	Strength & Conditioning 5:00pm - 5:45pm Chelsey	Women On Weights 5:30pm - 6:20pm Erin <i>*Registration required*</i>	Pilates Strength 5:30pm - 6:15pm Erin R <i>*Sneakers Required*</i>	Strength Training Fundamentals 5:00pm - 5:45pm Austin G <i>*Registration required*</i>	
	Zumba® 7:00pm - 7:45pm Mary G	Les Mills BODYSTEP™ 6:00pm - 6:45pm Kelly O	Zumba® 6:30pm - 7:30pm Mary G	Youth Martial Arts 7:00pm - 7:45pm	Les Mills BODYPUMP™ 6:00pm - 7:00pm Kelly O	
	Yoga 8:00pm - 8:45pm Chris B	Yoga 8:00pm - 9:00pm Adrianna		Yoga 8:00pm - 9:00pm Mary Beth		

Schedule subject to change. For more information please call 716-674-9622.