

INDEPENDENT HEALTH FAMILY YMCA
NORTH GYM SCHEDULE
JULY 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Open Gym 7:00am-8:00am	Open Gym & Pickleball ½ gym each 6:00am-8:30am	Pickleball ½ gym each 6:00am-8:30am	Open Gym & Pickleball ½ gym each 6:00am-7:30am	Pickleball ½ gym each 6:00am-8:30am	Open Gym & Pickleball ½ gym each 6:00am-7:30am	Open Gym 7:00am-10:00am
Pickleball 8:00am-9:30am	Low Impact Strength & Conditioning 9:00am-9:45am Tara B	HIIT 9:00am-9:45am Tara B	Low Impact Strength & Conditioning 7:45am-8:30am Tara B	HIIT 9:00am-9:45am Tara B	Low Impact Strength & Conditioning 7:45am-8:30am Tara B	
Men's Pick-Up Basketball 9:30am-1:30pm	SilverSneakers® Classic – ticket required 10:15 am-11:00 am Linda S	SilverSneakers® Classic – ticket required 10:15am-11:00am Annette A	Low Impact Strength & Conditioning 9:00am-9:45am Brian C	Silver Sneaker® Classic – ticket required 10:15 am-11:00 am Annette	SilverSneakers® Classic 9:00am-9:45am Annette A	Zumba 10:30am-11:30am Brenda
	SilverSneakers® Yoga Classic 11:15 am-12:00 pm Linda S	SilverSneakers® Yoga Classic 11:15am-12:00 pm Jody	SilverSneakers® Yoga 10:00am-10:45am Bonnie P	SilverSneakers® Classic 11:15 am-12:00 pm Jody	SilverSneakers® Yoga 10:00am-10:45am Annette A	
Open gym 1:30pm-5:45pm	Pick-Up Basketball 12:15pm-1:45pm	Pick-Up Basketball 12:15pm-1:45pm	Senior Bootcamp 11:15am- 12:00pm Annette A	Pick-Up Basketball 12:15pm-1:45pm	Low Impact Strength & Conditioning 11:15am-12:00pm Brian C	
	Pickleball** 2pm-4:30pm Full	Pickleball** 2pm-4:30pm Full	Pick-Up Basketball 12:00pm-1:45pm	Instructional Pickleball** 2pm-4:30pm Full	Pickleball** 12:30pm-3:45pm Full	Pickleball 3:00pm- 6:00pm
		Family Open Gym 4:30 pm – 6pm	Pickleball** 2pm-4:30 pm Full		Open Gym 1/2 3:45pm-7:45pm	
		HIIT 6:15pm-7:00pm Tara B			Basketball pickup 40+ ½ gym	Open Gym 6:15pm-7:45pm
	Adult Open Gym 18+ 8pm-9:45pm	Pickleball 7:30pm-9:00pm	Adult Open Gym 18+ 8pm-9:45pm	Adult Open Gym 18+ 8pm-9:45pm	Adult Open Gym 18+ 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
JULY 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Men's Pick-Up Basketball 7:00am-9:00am	Pickleball 6:00am-8:30am	Pickleball 6:00am-8:30am	Pickleball 6:00am-8:30am	Pickleball 6:00am-8:30am	Pickleball 6:00am-8:30am	Pickleball 7:00am-10:00am
		Zumba® 9:00am-9:45am Annette A	Instructional Pickleball 8:30am-9:45am	Zumba® 9:00am-9:45am Annette A		
Family open gym	10am-5:30pm Camp	10am – 6pm Camp	10am-6pm Camp	10am-6pm Camp	10am-6pm Camp	Birthday Parties 2pm-5pm
Birthday Parties 12pm-4pm	Preschool T-Ball 4:30-5:15pm outside	Open FAMILY Gym 6pm – 8pm ½ gym Open Rock Climbing (½ gym) 6:15 pm – 7:30pm	Preschool Soccer outside 5:30pm-6:15pm	Adult Pickleball 6:30pm-9:00pm	Open Family Gym 6pm-8pm ½ gym	Family Open Gym 5:30 – 7:45p 7/11 Family FUn Event 11am-1pm
	Basketball Skills/Drills 5:30-6:15		Youth Soccer outside 5:30-6:15pm			
	Youth Flag Football 6:30-7:15pm	Open Rock Climbing (½ gym) 6:15 pm – 7:30pm				
		Youth Floor Hockey (½) 6:30pm-7:15pm				
	Adult Open Gym 19+ 8:30pm-9:45pm	Adult Open Gym 19+ 8:00pm-9:45pm	Adult Open Gym 19+ 8:00pm-9:45pm			

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INDEPENDENT HEALTH FAMILY YMCA
STUDIO 1 SCHEDULE
JULY 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
Les Mills BodyBalance 8:00am-9:00am Erica/Michelle	Pilates 7:00am-7:45am Erica B	BODYPUMP® 5:30am-6:15am Brett P		BODYPUMP® 5:30am-6:15am Brett P		BODYPUMP® 8:00am-8:45am David A		
		Yoga 7:00am-8:00am Nikki C		Yoga 7:00am-8:00am Nikki C			Pilates 7:00am-7:45am Erica B	
		SilverSneakers® Circuit 9:00am-9:45am Gene G		SilverSneakers® Classic 8:00 –8:45 am Lauren Z			Core & More 8:00am-8:45am Tara B	BODYPUMP® 8:00am-8:45am Kym S
	BODYPUMP® 9:00am-10:00am Kym S	NEW YogaSculpt 10:00am-10:45am Jenna		BODYPUMP® 9:00am-10:00am Kym S			SilverSneakers® Circuit 9:00 – 9:45 am Jody H	HIIT 9:00am-9:45am Tara B
BODYPUMP® 9:15am-10:15am Brett P	Zumba Gold 10:15am-11:00am Mary G	Healthy Back 11:15am-12:00 pm Brian C	Cardio Drums 10:15am-11:00am Annette A		Drums Alive 10:00am-10:45am Gene G	BODYPUMP® 10:00am-11:00am Rebecca K		
Yoga 10:30am-11:30am Lisa W	Senior Circuit 11:15am-12:00pm Holly Z	SilverSneakers® Classic 12:15 – 1:00 pm Diana R	Senior Circuit 11:15am-12:00pm Holly Z	Healthy Back 11:15am-12:00 pm Brian C	SilverSneakers® Stability 11:00am-11:30am Gene G	Yoga 11:15am-12:15pm Lisa W		
	Line Dancing 12:15pm-1:00pm Jody H			SilverSneakers® Classic 12:15 – 1:00 pm Diana R				
	Fusion 5:00pm-5:45pm Shawniece B	NEW Strength Development 5:40pm-6:20pm David A	Barre 5:00pm-5:45pm Shawniece B	Fusion 5:15pm-6:00pm Cathy S				
	BODYPUMP® 6:15pm-7:15pm Christine M	Les Mills Core 6:30pm-7:00pm Lindsay B	BODYPUMP® 6:15pm-7:15pm Kristen L	Low Impact Strength & Conditioning 6:15-7:00pm Brian C	BODYPUMP® 5pm-6pm Kristen L			
		Cardio Dance 7:15pm-8:00pm Denise P	BODYCOMBAT Express 7:20pm-8:00pm Kristen L	ZUMBA® 7:10-7:55pm Brenda R	NEW BODYCOMBAT® 6:15pm-7:00pm TJ W			

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INDEPENDENT HEALTH FAMILY YMCA
STUDIO 2 SCHEDULE
JULY 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Zumba 9:30am-10:15am Mary Ellen G	Les Mills Core 6:45am-7:15am Michelle C		Yin Yoga 7:00am-8:00am Nikki C		Les Mills Core 6:45am-7:15am Michelle C	
	BODYBALANCE 9:00am-9:45am Linda S.	Core & Flow 8:10am-8:50am Nikki C	Pilates 9:00am-9:45am Annette A.	Core & Flow 8:10am-8:50am Nikki C	Tai Chi Beginner 8:00am-8:45am Brian C	
	Barre 10:15am-11:00am Holly Z	BODYCOMBAT 10:00am-11:00am Diana R	BODYBALANCE 10:00am-10:45am Michelle B	Tai Chi 9:00am-9:45am Gene G	Yin Yoga 9:00am-9:45am Bonnie P	
BODYCOMBAT 10:30am-11:30am Kristen L	Yoga 11:15am-12:15pm Bonnie P	Low Impact Cardio 11:15am-12:00 pm Annette A	Yoga 11:00am-12:00pm Bonnie P	BODYCOMBAT 10:00am-11:00am Diana R		
		Parkinsons Movement 12:15pm-1:00 pm Ed H	Tai Chi Beginner 4:15pm-5:00pm Brian C	Low Impact Cardio 11:15am-12:00 pm Annette A	Pilates 11:00am-11:45am Annette A	
		Zumba® 5:30pm-6:15pm Sheila G	Tai Chi Intermediate/Advanced 5:15pm-6:00pm Brian C	Parkinsons Movement 12:15pm-1:00 pm Ed H	Tai Chi Intermediate/Advanced 12:30pm-1:15pm Brian C	
		Swim Team* 6:15pm-7:00pm		Les Mills Core 5:45pm-6:15pm Sheila G		
Cardio Dance 1:15pm-2:00pm Giselle	Yoga 7:00pm-7:45pm MaryEllen G.	BODYBALANCE® 7:15pm-8:00pm Lindsay B.		Power Yoga 6:30pm-7:30pm Nadya M.		

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INDEPENDENT HEALTH FAMILY YMCA
CYCLE ROOM
JULY 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Group Cycling 8:00am-8:45am Pam V	Group Cycling 5:45am-6:30am Michelle C	Group Cycling 9:45am-10:30am Abby M	Group Cycling 6:00 am-6:45 am Greg P		Group Cycling 5:45am-6:30am Michelle C	
					Group Cycling 9:45am-10:30am Abby M	
	Group Cycling 9:00am-9:45am Amy M			Group Cycling 5:00pm-5:45pm Shawniece B	Group Cycling 10:00am-10:45am Sarah C	Group Cycling 9:00am-9:45am Alison C
			Group Cycling 6:15pm-7:00pm Shawniece B			
	Group Cycling 5:00pm-5:45pm Mary Ellen G	Group Cycling 6:15pm-7:00pm Cathy S				
	NEW Les Mills SPRINT 6:00pm-6:30pm David A		NEW Les Mills SPRINT 6:00pm-6:30pm David A			

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