

**KEN-TON FAMILY YMCA
GROUP FITNESS SCHEDULE
JULY 2026**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	Silver Sneakers Circuit (Gym) 9:15-9:45 am Annette	Strength & Conditioning 8:00-8:45 am Dave	Les Mills Bodypump 6:15-7:00 am Becky	Core & More 7:05-7:45 am Choon	Strength & Conditioning 8:00-8:45 am Dave	Bands & Body Weight 8:00-8:45 am Dave	Les Mills Bodypump 8:15-9:15 am Anthony
		Healthy Back 9:00-9:45 am Dave		Line Dancing (Gym) 8:00-8:45 am Choon	Healthy Back 9:00-9:45 am Dave	Core & More 9:00-9:45am Dave	Beginner Yoga 10:00-10:45 am Sarah
	Silver Sneakers Classic (Gym) 10:00-10:45 am Jen	Beginner Yoga 10:00-11:00 am Sarah	Pilates (Gym) 9:00-9:45 am Choon	Yoga 10:00-11:00 am Sarah	Beginner Yoga 10:00-11:00 am Sarah	SilverSneakers Classic 9:30-10:15 am Jen	Intermediate Yoga 11:00am-12:15pm pm Sarah
	Zumba® 10:00-10:45 am Annette	Intermediate Yoga 11:00am-12:15pm Sarah	SilverSneakers Classic (Gym) 10:00-10:45 am Choon		Intermediate Yoga 11:00am-12:15pm Sarah	SilverSneakers Enerchi (Gym) 10:30-11:15 am Jen	
	Pilates (Studio) 5:30-6:15 pm Annette	SilverSneakers Circuit (Gym) 10:00-10:45 am Jen		Group Cycle 11:15am-12:00 pm Sarah	SilverSneakers Circuit (Gym) 10:00-10:45 am Jen		
		Silver Sneakers Yoga (Gym) 11:00-11:45 am Jen	HIIT 5:30-6:15 pm Annette		Silver Sneakers Yoga (Gym) 11:00-11:45 am Jen		
		Zumba® 5:30-6:15pm Diane	Yoga 7:00-7:40pm Kat *OUTDOOR WEATHER PERMITTING		NEW Zumba® 5:30-6:15pm Diane		

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN GYM 8:00am-11:45am	OPEN GYM 5:00-9:00am	OPEN GYM 5:00-7:00am	OPEN GYM 5:00-7:45am	OPEN GYM 5:00-7:00am	OPEN GYM 5:00-9:15am	OPEN GYM (Half Court) 8:00am-11:00am
	Silver Sneakers Circuit 9:15-9:45am Annette	PICKLEBALL 7:00-9:45am	Line Dancing 8:00-8:45am Choon	PICKLEBALL 7:00-9:45am	Silver Sneakers Classic 9:30-10:15am Jen	
		Silver Sneakers Circuit 10:00-10:45am Jen	Pilates 9:00-9:45am Choon			
		Silver Sneakers Yoga 11:00-11:45am Jen	Silver Sneakers Classic 10:00-10:45am Choon	Silver Sneakers Circuit 10:00-10:45am Jen		
	Silver Sneakers Classic 10:00-10:45am Jen	Camp 12:30- 4:45pm	OPEN GYM 11:00-12:15pm	Silver Sneakers Yoga 11:00-11:45am Jen	Silver Sneakers Enerchi 10:30-11:15am Jen	PICKLEBALL (Half Court) 8:00am-11:00am
	PICKLEBALL 11:00-12:15pm			Camp 12:30-4:45pm	Camp 12:30-4:45pm	
	Camp 12:30-4:45pm	OPEN GYM 4:45pm-7:45pm	OPEN GYM 4:45pm-7:45pm	OPEN GYM 1/2 gym 4:45pm-7:45pm	Camp 12:30-4:45pm	GYM EVENTS 11:00-12:00pm
	OPEN GYM 4:45pm-7:45pm			OPEN GYM 4:45pm-7:45pm	PICKLEBALL 1/2 gym 5:00-7:45pm	

*Schedule subject to change. For more information, please call the Ken-Ton Branch at (716) 874-5051.

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.