

**SOUTHTOWNS FAMILY YMCA**  
**MAIN GYM 1**  
**JULY 2026**



| SUNDAY                                     | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY                                   |
|--|---|---|--|---|---|--|
| <b>Open Gym For All</b><br>7:00am - 5:45pm | <b>Fusion</b><br><b>(Main Gym 1 &amp; 2)</b><br>5:15am - 6:00am<br>Karen  | <b>Open Gym for All</b><br>5:00am - 7:30 am                             | <b>Fusion</b><br><b>(Main Gym 1 &amp; 2)</b><br>5:15am - 6:00am<br>Karen | <b>Open Gym for All</b><br>5:00am - 7:30 am                             | <b>Fusion</b><br><b>(Main Gym 1 &amp; 2)</b><br>5:15am - 6:00am<br>Karen  | <b>Open Gym for All</b><br>7:00am - 7:45pm |
|  | <b>Open Gym for All</b><br>6:15am - 7:30 am                               |   | <b>Open Gym for All</b><br>6:15am - 7:30 am                              |   | <b>Open Gym for All</b><br>6:15am - 7:30 am                               |  |
|  | <b>Low Impact</b><br>8:15am - 9:00am<br>Arianna C                         | <b>SilverSneakers®</b><br><b>Circuit</b><br>8:15am - 9:00am<br>Marla W  | <b>Low Impact</b><br>8:15am - 9:00am<br>Jane L                           | <b>SilverSneakers®</b><br><b>Circuit</b><br>8:15am - 9:00am<br>Marla W  | <b>Low Impact</b><br>8:15am - 9:00am<br>Brandon F                         |  |
|  | <b>SilverSneakers®</b><br><b>Classic</b><br>9:30am - 10:15am<br>Brandon F | <b>SilverSneakers®</b><br><b>Classic</b><br>9:30am - 10:15am<br>Marla W | <b>Open Gym for All</b><br>9:15am - 10:15am                              | <b>SilverSneakers®</b><br><b>Classic</b><br>9:30am - 10:15am<br>Marla W | <b>SilverSneakers®</b><br><b>Classic</b><br>9:30am - 10:15am<br>Brandon F |  |
|  | <b>Zumba®</b><br>10:30am - 11:15am<br>Sara B                              | <b>Open Gym for All</b><br>10:30am - 12:45pm                            | <b>Zumba®</b><br>10:30am - 11:15am<br>Sara B                             | <b>Open Gym for All</b><br>10:30am - 12:45pm                            | <b>Zumba®</b><br>10:30am - 11:15am<br>Brandon F                           |  |
|  | <b>Zumba Gold®</b><br>11:30am - 12:15pm<br>Sara B                         | <b>SilverSneakers®</b><br><b>Classic</b><br>1:00pm - 1:45pm             | <b>Zumba Gold®</b><br>11:30am - 12:15pm<br>Sara B                        | <b>SilverSneakers®</b><br><b>Classic</b><br>1:00pm - 1:45pm             | <b>Zumba Gold®</b><br>11:30am - 12:15pm<br>Brandon F                      |  |
|  | <b>Open Gym for All</b><br>12:30pm - 8:00pm                               | <b>Open Gym For All</b><br>2:00pm - 8:00pm                              | <b>Open Gym for All</b><br>12:30pm - 8:00pm                              | <b>Open Gym For All</b><br>2:00pm - 8:00pm                              | <b>Open Gym for All</b><br>12:30pm - 8:00pm                               |  |
|  | <b>FAMILY/ADULT</b><br><b>OPEN GYM**</b><br>8:00pm - 9:45pm               |   | <b>FAMILY/ADULT</b><br><b>OPEN GYM**</b><br>8:00pm - 9:45pm              |   | <b>FAMILY/ADULT</b><br><b>OPEN GYM**</b><br>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**  
**JULY 2026**



| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY   |  |
|--|--|---|--|---|--|--|--|
|  | <b>Fusion</b><br>5:15am - 6:00am<br>Karen  | <b>Open Gym For All</b><br>5:00am - 10:00am       | <b>Fusion</b><br>5:15am - 6:00am<br>Karen  | <b>Open Gym For All</b><br>5:00am - 8:00pm        | <b>Fusion</b><br>5:15am - 6:00am<br>Karen  |  |  |
| <b>Open Gym For All</b><br>7:00am - 7:45am         | <b>Open Gym For All</b><br>6:15am - 10:15am  |   | <b>Open Gym For All</b><br>6:15am - 10:15am  |   | <b>Open Gym For All</b><br>6:15am - 10:15am  | <b>Open Gym For All</b><br>6:15am - 10:15am  | <b>Pickleball All Levels</b><br>7:00am - 10:15am |
| <b>Pickleball Recreational</b><br>8:00am - 10:00am | <b>Zumba®</b><br>10:30am - 11:15am<br>Sara B   | <b>Homeschool Phys. Ed.</b><br>10:15am - 11:30am  | <b>Zumba®</b><br>10:30am - 11:15am<br>Sara B   |   | <b>Zumba®</b><br>10:30am - 11:15am<br>Brandon F  |  |  |
| <b>Pickleball All Levels</b><br>10:00am - 12:15pm  | <b>Open Gym For All</b><br>11:30am - 1:45pm  | <b>Open Gym For All</b><br>11:45am - 8:00pm       | <b>Open Gym For All</b><br>11:30am - 1:45pm  |   | <b>Open Gym For All</b><br>11:30am - 1:45pm  | <b>Open Gym For All</b><br>10:30am - 7:45pm  |  |
| <b>Open Gym For All</b><br>12:30pm - 5:45pm        | <b>Pickleball 1 Court All Levels</b><br><b>1 Court Recreational</b><br>2:00pm - 4:00pm |   | <b>Pickleball 1 Court All Levels</b><br><b>1 Court Recreational</b><br>2:00pm - 4:00pm |   | <b>Pickleball 1 Court All Levels</b><br><b>1 Court Recreational</b><br>2:00pm - 4:00pm | <b>Pickleball 1 Court All Levels</b><br><b>1 Court Recreational</b><br>2:00pm - 6:00pm |  |
|  | <b>Open Gym For All</b><br>4:15pm - 8:00pm   |   | <b>Open Gym For All</b><br>4:15pm - 5:15pm   |   | <b>Open Gym For All</b><br>4:15pm - 5:15pm   | <b>Open Gym For All</b><br>6:15pm - 8:00pm   |  |
|  |  |   | <b>Cheerleading</b><br>5:30pm - 7:30pm   |   |  |  |  |
|  | <b>FAMILY/ADULT OPEN GYM**</b><br>8:00pm - 9:45pm                                      | <b>FAMILY/ADULT OPEN GYM**</b><br>8:00pm - 9:45pm | <b>FAMILY/ADULT OPEN GYM**</b><br>8:00pm - 9:45pm                                      | <b>FAMILY/ADULT OPEN GYM**</b><br>8:00pm - 9:45pm | <b>FAMILY/ADULT OPEN GYM**</b><br>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**  
 JULY 2026



| SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  |
|---|---|--|---|---|---|---|
| <b>Open Gym for All</b><br>7:00am - 7:45am                | <b>Open Gym for All</b><br>5:00am - 5:45am                          | <b>Spin Interval</b><br>5:15am - 6:00am<br>Karen             | <b>Open Gym for All</b><br>5:00am - 5:45am                      | <b>Open Gym for All</b><br>5:00am - 8:00am                | <b>Open Gym for All</b><br>5:00am - 5:45am                          | <b>Open Gym for All</b><br>7:00am - 8:00am                      |
|   | <b>Advanced Pickleball</b><br>6:00am - 9:00am                       | <b>Open Gym for All</b><br>6:15am - 8:45am                   | <b>Pickleball All Levels</b><br>6:00am - 9:00am                 | <b>Interval Training</b><br>8:15am - 9:00am<br>Tiffany K  | <b>Advanced Pickleball</b><br>6:00am - 9:00am                       | <b>HITT</b><br>8:15am - 9:00am<br>Sara V                        |
| <b>Cycling</b><br>8:00am - 8:45am<br>Amy M                | <b>Strength &amp; Conditioning</b><br>9:30am - 10:15am<br>Holly     | <b>BODYPUMP HEAVY™</b><br>9:15am - 10:20am<br>Melissa M      | <b>Strength &amp; Conditioning</b><br>9:30am - 10:15am<br>Holly | <b>BODYPUMP™ Express</b><br>9:30am - 10:20am<br>Melissa M | <b>Strength &amp; Conditioning</b><br>9:30am - 10:15am<br>Tiffany   | <b>Cycling</b><br>9:30am - 10:30am<br>Sara V                    |
| <b>BODYPUMP™ Express</b><br>9:15am - 10:05am<br>Melissa M | <b>Low Impact Cycling</b><br>10:30am - 11:15am<br>Sue K (1/2 gym)   | <b>Yoga</b><br>10:30am - 11:30am<br>Sue K                    | <b>Open Gym for All</b><br>10:30am - 11:45pm                    | <b>Yoga</b><br>10:30am - 11:30am<br>Sue K                 | <b>Cycling</b><br>10:30am - 11:15am<br>Tiffany (1/2 gym)            | <b>Les Mills BODYPUMP™</b><br>11:00am - 12:00pm<br>Kelly/Elliot |
|   | <b>Open Gym for All</b><br>(1/2 Gym then Full)<br>10:30am - 11:45pm | <b>Zumba</b><br>12:00pm - 12:45pm<br>Melissa T               |   | <b>Cardio Dance</b><br>12:00pm - 12:45pm<br>Melissa T     |   |   |
| <b>Pickleball All Levels</b><br>10:15am - 3:00pm          | <b>Summer Camp</b><br>12:00pm - 4:00pm                              | <b>Summer Camp</b><br>1:00pm - 4:00pm                        | <b>Summer Camp</b><br>12:00pm - 4:00pm                          | <b>Summer Camp</b><br>1:00pm - 4:00pm                     | <b>Open Gym for All</b><br>(1/2 Gym then Full)<br>10:30am - 11:45pm | <b>Open Gym for All</b><br>12:15pm - 7:45pm                     |
| <b>Open Gym for All</b><br>3:15pm - 5:45pm                | <b>HITT</b><br>5:15pm - 6:00pm<br>Renaë                             | <b>Cycling</b><br>4:30pm - 5:30pm<br>Sara V                  | <b>Cycling Circuit</b><br>4:30pm - 5:30pm<br>Sara V             | <b>Cycling</b><br>4:30pm - 5:30pm<br>Sara V               | <b>Summer Camp</b><br>12:00pm - 4:00pm                              |   |
|   | <b>Cycling</b><br>6:15pm - 7:00pm<br>Abby G                         | <b>Balanced Boxing</b><br>5:45pm - 6:45pm<br>Jim *7/21 only* | <b>Les Mills BODYPUMP™</b><br>5:45pm - 6:45pm<br>Lindsay B      | <b>HITT</b><br>5:45pm - 6:30pm<br>Renaë                   | <b>Open Gym for All</b><br>4:15pm - 6:00pm                          |   |
|   | <b>Les Mills BODYPUMP™</b><br>7:15pm - 8:15pm<br>Sara V             | <b>Fitness Boxing</b><br>5:45pm - 6:45pm<br>Jim *7/21 only*  | <b>Open Gym For All</b><br>7:00pm - 8:00pm                      | <b>Kid's Fitness</b><br>6:45pm - 7:15pm<br>Erin R         | <b>Teen Pickup Basketball</b><br>6:15pm - 8:00pm                    |   |
|   | <b>Adult/Family Open Gym**</b><br>8:30pm - 9:45pm                   | <b>Pickleball All Levels</b><br>8:00pm - 9:45pm              | <b>Adult/Family Open Gym**</b><br>8:00pm - 9:45pm               | <b>Adult/Family Open Gym**</b><br>8:00pm - 9:45pm         | <b>Adult/Family Open Gym**</b><br>8:00pm - 9:45pm                   |   |

**\*\*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**  
 JULY 2026



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

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