

SOUTHTOWNS FAMILY YMCA
MAIN GYM 1
AUGUST 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	
	Open Gym for All 12:30pm - 8:00pm	Open Gym For All 2:00pm - 8:00pm	Open Gym for All 12:30pm - 8:00pm	Open Gym For All 2:00pm - 8:00pm	Open Gym for All 12:30pm - 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
 AUGUST 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		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	
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 7:00am - 10:15am
Pickleball All Levels 10:00am - 12:15pm	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 - 6:00pm		
	Open Gym For All 4:15pm – 8:00pm		Open Gym For All 4:15pm – 5:15pm	Youth Move & Groove 5:00pm – 6:00PM		
			Cheerleading 5:30pm – 7:30pm			
	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** 6:15pm – 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
AUGUST 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 Karen	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	BODYPUMP HEAVY™ 9:15am - 10:20am Melissa M	Strength & Conditioning 9:30am - 10:15am Holly	BODYPUMP™ Express 9:30am - 10:20am Melissa M	Strength & Conditioning 9:30am - 10:15am Tiffany	Cycling 9:30am - 10:30am Sara V
BODYPUMP™ HEAVY 9:15am - 10:15am 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 – 11:45pm	Yoga 10:30am - 11:30am Sue K	BODYPUMP HEAVY™ 10:30am - 11:30am Holly B	Yoga 10:30am - 11:30am Sue K	Open Gym for All 10:30am – 11:45pm	Les Mills BODYPUMP™ 11:00am - 12:00pm Kelly/Elliot
		Zumba 12:00pm - 12:45pm Melissa T		Cardio Dance 12:00pm - 12:45pm Melissa T		
Pickleball All Levels 10:30am - 3:00pm	Summer Camp 12:00pm – 4:00pm	Summer Camp 1:00pm – 4:00pm	Summer Camp 12:00pm – 4:00pm	Summer Camp 1:00pm – 4:00pm		
Open Gym for All 3:15pm - 5:45pm	HITT 5:15pm - 6:00pm Renaë	Cycling 4:30pm - 5:30pm Sara V	Cycling Circuit 4:30pm - 5:30pm Sara V	Cycling 4:30pm - 5:30pm Sara V	Summer Camp 12:00pm – 4:00pm	Open Gym for All 12:15pm -7:45pm
	Cycling 6:15pm - 7:00pm Abby G	Balanced Boxing 5:45pm - 6:45pm Jim *7/21 only*	Les Mills BODYPUMP™ 5:45pm - 6:45pm Lindsay B	HITT 5:45pm - 6:30pm Renaë	Open Gym for All 4:15pm – 6:00pm	
	Les Mills BODYPUMP™ 7:15pm - 8:15pm Sara V	Fitness Boxing 6:45pm - 7:45pm Jim *7/21 only*	Open Gym For All 7:00pm - 8:00pm	Kid's Fitness 6:45pm – 7:15pm Erin R	Teen Pickup Basketball 6:15pm - 8:00pm	
	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	

****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
AUGUST 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Yoga 7:00am - 7:45am Janice			
	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	Zumba® Step 11:00am - 11:45am Melissa T	SilverSneakers® Circuit 10:30am - 11:15am Jane	Core & More 11:00am - 11:45am Melissa T	SilverSneakers® Circuit 10:30am - 11:15am Lisa	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 - 12:15pm Melissa T	SilverSneakers® Yoga 12:00pm - 12:45pm Sue	Barre 11:30am - 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		
		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			Les Mills BODYPUMP™ 6:00pm - 7:00pm Kelly O	
	Yoga 8:00pm - 8:45pm Chris B	Yoga 8:00pm - 9:00pm Adrianna	Yoga 7:45pm - 8:30pm Jess T	Yoga 7:30pm - 8:30pm Mary Beth		

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