

INDEPENDENT HEALTH FAMILY YMCA
NORTH GYM SCHEDULE
SEPTEMBER 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-8:30am	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		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 11:15 am-12:00 pm Linda S	SilverSneakers® 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	Welcome week family Zumba 9/19 11am-1pm
	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.

** 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
SEPTEMBER 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	UPK 10am-11am	UPK 10am-11am	UPK 10am-11am	UPK 10am-11am	UPK 10am-11am	KNO 9/12 5pm-9pm Welcome week Event 9/19 10am-1pm Family Open Gym 5:30 – 7:45p
		Healthy Back 11:15am-12:00 pm Brian C		Healthy Back 11:15am-12:00 pm Brian C		
				4:30pm –5:15pm Pre-School Basketball 5:30pm-6:15pm Youth Basketball		
Birthday Parties 12pm-4pm		5:30pm – 6:15pm T-Ball 6:30pm-7:30pm Youth Floor Hockey		6:30pm-7:30pm Youth Mystery Sports	Open Family Gym 6pm-8pm ½ gym Jr Cav's Basketball Assessments (9/18/26 only)	
	Adult Pickleball 6:30pm-9:00pm		Open Family Gym 6pm-8pm ½ gym			
			Open Rock Climbing (½ gym) 6:15 pm – 7:30pm			
	Adult Open Gym 19+ 8:30pm-9:45pm	Adult Open Gym 19+ 8:00pm-9:45pm	Adult Open Gym 19+ 8:00pm-9:45pm	Adult Open Gym 19+ 9:00pm-9:45pm	Adult Open Gym 19+ 8:15pm-9:45pm	

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INDEPENDENT HEALTH FAMILY YMCA
STUDIO 1 SCHEDULE
SEPTEMBER 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Les Mills BodyBalance 8:00am-9:00am Erica/Michelle	Pilates 7:00am-7:45am Nikki	BODYPUMP® 5:30am-6:15am Brett P	NEW Strength & Conditioning 5:45am-6:30am Pam V	BODYPUMP® 5:30am-6:15am Brett P		BODYPUMP® 8:00am-8:45am Michelle C (No class 9/5)
		Yoga 7:00am-8:00am Nikki C		Yoga 7:00am-8:00am Nikki C	Pilates 7:00am-7:45am Nikki	
		SilverSneakers® Circuit 9:00am-9:45am Gene G		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	NEW Les Mills Core 9:00am-9:30am Michelle C (No class 9/5)
BODYPUMP® 9:15am-10:15am Brett P	Zumba Gold 10:15am-11:00am Mary G	Low Impact Cardio 11:15am-12:00 pm Annette A	Cardio Drums 10:15am-11:00am Annette A	Low Impact Cardio 11:15am-12:00 pm 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 (No class 9/7 and 9/14)	SilverSneakers® Classic 12:15 – 1:00 pm Diana R	Senior Circuit 11:15am-12:00pm Holly Z (No class 9/9 and 9/16)	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	NEW BODYCOMBAT Express 4:45pm-5:30pm Janelle D		SilverSneakers® Classic 12:15 – 1:00 pm Diana R		
	Fusion 5:00pm-5:45pm Shawniece B	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	BODYCOMBAT® 6:15pm-7:00pm TJ W	

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INDEPENDENT HEALTH FAMILY YMCA
STUDIO 2 SCHEDULE
SEPTEMBER 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 (No class 9/7)		Yin Yoga 7:00am-8:00am Nikki C		Les Mills Core 6:45am-7:15am Michelle C	NEW BODYCOMBAT® 9:00am-9:45am David A
	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 (No class 9/7 and 9/14)	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	Parkinsons Movement 11:15pm-12:00 pm Ed H	Yoga 11:00am-12:00pm Bonnie P	BODYCOMBAT 10:00am-11:00am Diana R		
			Tai Chi Beginner 4:15pm-5:00pm Brian C	Parkinsons Movement 11:15pm-12:00 pm Ed H	Pilates 11:00am-11:45am Annette A	
		Zumba® 5:30pm-6:15pm Sheila G	Tai Chi Intermediate/Advanced 5:15pm-6:00pm Brian C	NEW Barrelates 5:00pm-5:45pm Sheila	Tai Chi Intermediate/Advanced 12:30pm-1:15pm Brian C	
	NEW Pilates 5:30pm-6:15pm Nikki	NEW Barre Express 6:30pm-7:00pm Sheila		NEW TIME Les Mills Core 6:00-6:30pm Sheila		
Cardio Dance 1:15pm-2:00pm Giselle	Yoga 7:00pm-7:45pm MaryEllen	BODYBALANCE® 7:15pm-8:00pm Lindsay B.	Yoga 7:15pm-8:00pm MaryEllen G. (Starts 9/16)	NEW TIME Power Yoga 6:45pm-7:45pm Nadya M.		

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INDEPENDENT HEALTH FAMILY YMCA
CYCLE ROOM
SEPTEMBER 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Group Cycling 8:00am-8:45am Pam V	Group Cycling 5:45am-6:30am Michelle C (No class 9/7)	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 5:00pm-5:45pm Mary Ellen G (No class 9/7)			Group Cycling 6:15pm-7:00pm Shawniece B			
		Group Cycling 6:15pm-7:00pm Cathy S					
		Les Mills SPRINT 6:00pm-6:30pm David A (No class 9/7)					

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