

SOUTHTOWNS FAMILY YMCA
MAIN GYM 1
 SEPTEMBER 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	Boom Move 9:30am - 10:15am Deb P *Starts 9/16*	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	
					Jr Cav's Assessments 6:00-8:00pm (9/18/26 Only)	
	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
SEPTEMBER 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 All Levels 7:00am - 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	
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 5:00am – 4:45pm	Open Gym For All 11:30am - 1:45pm
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		Open Gym For All 6:15pm - 8:00pm	
						Youth Move & Groove 5:00pm – 6:00PM
				Cheerleading 5:30pm – 7:30pm		Open Gym For All 6:15pm – 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	

****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
SEPTEMBER 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 – 9:00am	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		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 Lisa	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)	Yoga 10:30am - 11:30am Sue K	BODYPUMP HEAVY™ 10:30am - 11:30am Holly B	Yoga 10:30am - 11:30am Sue K	Line Dancing 10:30am – 11:00am Melissa T	Open Gym for All 10:45am -7:45pm
	Boom Muscle 11:30am – 12:15pm Lisa *Starts 9/14*	Zumba® 12:00pm - 12:45pm Melissa T	Open Gym for All 11:45am – 1:45pm	Cardio Dance 12:00pm - 12:45pm Melissa T	Open Gym for All 11:15am – 1:45pm	
Pickleball All Levels 10:30am - 3:00pm	Pickleball All Levels 2:00pm – 4:45pm	Open Gym for All 1:00pm – 4:15pm	Pickleball All Levels Recreational 2:00pm - 4:00pm	Open Gym for All 1:00pm – 4:15pm		
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	Pickleball All Levels 2:00pm - 4:00pm 1 Court Recreational 4:00pm - 6:00pm	
	Cycling 6:15pm - 7:00pm Abby G	Balanced Boxing 5:45pm - 6:45pm Jim *Starts 9/15*	Les Mills BODYPUMP™ 5:45pm - 6:45pm Lindsay B	HITT 5:45pm - 6:30pm Renaë		
	Les Mills BODYPUMP™ 7:15pm - 8:15pm Sara V	Fitness Boxing 6:45pm - 7:45pm Jim *Starts 9/15*	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	Kids’ Night Out 4:30pm - 7:30pm 9/12

****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
 SEPTEMBER 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	SilverSneakers® Yoga 8:00am - 8:45am Brandon		Yoga 7:00am - 7:45am Janice	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	Women On Weights 6:30am - 7:30am <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	Golf Prep & Conditioning 10:00am - 10:50am <i>*Registration required*</i>	SilverSneakers® Circuit 10:30am - 11:15am Jane		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	Zumba® Step 11:00am - 11:45am Melissa T	Barre 11:30am - 12:15pm Melissa T	Core & More 11:00am - 11:45am Melissa T	Barre 11:30am - 11:45am Melissa T	Yoga 11:15am - 12:15pm Adrianna
	Enhance®Fitness 1:00pm - 2:00pm Lisa <i>*Registration required*</i>	SilverSneakers® Yoga 12:00pm - 12:45pm Sue	Enhance®Fitness 1:00pm - 2:00pm Lisa <i>*Registration required*</i>	SilverSneakers® Yoga 12:00pm - 12:45pm Sue	Enhance®Fitness 1:00pm - 2:00pm Lisa <i>*Registration required*</i>	
	Core & More 4:45pm - 5:30pm Kelly O	Strength & Conditioning 5:00pm - 5:45pm Chelsey	Pilates 4:30pm - 5:10pm Cass P	Strength & Conditioning 4:30pm - 5:15pm Kelly O		
	Women On Weights 5:30pm - 6:30pm Erin R <i>*Registration required*</i>	Les Mills BODYSTEP™ 6:00pm - 6:45pm Kelly O	Pilates 4:30pm - 5:10pm Cass P	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® 6:45pm - 7:45pm Mary G	Yoga 8:00pm - 9:00pm Adrianna	Zumba® 6:30pm - 7:30pm Mary G		Les Mills BODYPUMP™ 6:00pm - 7:00pm Kelly O	
	Yoga 8:00pm - 8:45pm Chris B		Yoga 7:45pm - 8:30pm Jess T	Yoga 7:30pm - 8:30pm Mary Beth		

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