

William-Emslie Family YMCA

Group Exercise Schedule: Studio and Gym

SEPTEMBER 2026

Member Info	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Group Cycling 7:00am-7:45am Paulette (Gym)	Group Cycling 7:00am-7:45am Paulette (Gym)	Group Cycling 7:00am-7:45am Paulette (Gym)		
	Yin Yoga 7:00am-7:45am Choon (Studio)	HIIT 7:00am-7:45am Choon (Studio)		HIIT 7:00am-7:45am Choon (Studio)		
	SilverSneakers Enerchi® 8:00am-8:45am Choon (Gym)	Yin Yoga 8:00am-8:45am Choon (Studio)		Yin Yoga 8:00am-8:45am Choon (Studio)		
	SilverSneakers Yoga® Choon 9:00am-9:45am (Gym)			Pilates 9:00am-9:45am Choon (Studio)	NEW Barre 9:00-9:45 am Jenna (Studio)	
	Line Dancing 10:00am-10:45am Choon (Studio)	Tai Chi Qi Gong 10:00am-10:45am Choon (Gym)		Tai Chi Qi Gong 10:00am-10:45am Choon (Gym)	Walking Club 10:00-10:45 am Rhonda (Gym)	
	SilverSneakers Classic® 11:00am-11:45am Claudia (Studio)	SilverSneakers Yoga® 11:00-11:45 am Rhonda (Studio)	SilverSneakers Classic® 11:00-11:45 am Rhonda (Studio)	Cardio Dance 11:00-11:45 am Rhonda (Studio)	SilverSneakers Classic® 11:00-11:45 am Rhonda (Gym)	
	SMARTFIT Brain & Body 12:30 – 1:45 pm Mark (Studio)	SilverSneakers Classic® 12:00pm-12:45pm Claudia (Gym)		SilverSneakers Classic® 12:00pm-12:45pm Claudia (Gym)		
		SMARTFIT Brain & Body 2:00-2:45pm Rhonda (Studio)				
		Pilates 5:00pm-5:45pm Mariely (Studio)	Strength and Conditioning 5:15pm-6:00pm Matt (Studio)	NEW Cardio Dance 5:00-5:45 pm Jenna (Studio)	Strength and Conditioning 5:15pm-6:00pm Matt (Studio)	
		Core 6:05pm-6:50pm Matt (Studio)	Core 6:05pm-6:50pm Matt (Studio)			

Schedule Subject to change, for more information please call the William-Emslie YMCA (716) 845-5440.

William-Emslie Family YMCA

GYM SCHEDULE: Group Exercise, Pickleball, Sports, and Open Gym

SEPTEMBER 2026

Member Info	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Open Gym 6:00am-7:45am	Open Gym 6:00am-6:45am	Open Gym 6:00am-6:45am	Open Gym 6:00am-6:45am	Open Gym 6:00am-8:45am	
		Group Cycling 7:00am-7:45am Paulette	Group Cycling 7:00am-7:45am Paulette	Group Cycling 7:00am-7:45am Paulette		
	Silver Sneakers Enerchi® 8:00am-8:45am Choon	Open Gym 8:00am-8:30am	Open Gym 8:00am-9:45 am	Open Gym 8:00am-8:30am		
	Silver Sneakers Yoga® Choon 9:00am-9:45am	Pickleball 8:30am-9:45am	Body Sculpt and Strength 10:00am-10:45am Rhonda	Pickleball 8:30am-9:45am	Pickleball 9:00am-10:00am	
		Tai Chi Qi Gong 10:00am-10:45am Choon (Gym)				
				Tai Chi Qi Gong 10:00am-10:45am Choon (Gym)	Walking Club 10:00am-10:45am Rhonda	
	Pickleball 12:00pm-1:00pm	Silver Sneakers Classic® 12:00pm-12:45pm Claudia	Abs, Core and More 11:00am-11:45am Rhonda			
				Silver Sneakers Classic® 12:00pm-12:45pm Claudia		
					Open Gym 4:00pm-7:45pm	
		Open Gym 4:00pm – 7:45pm	Open Gym 4:00pm-7:45pm	Open Gym 4:00pm – 7:45pm		
	Open Gym 4:00pm – 7:45pm				Open Basketball 5:45pm-7:45pm	

Schedule Subject to change, for more information please call the William-Emslie YMCA (716) 845-5440.

Branch Hours:

Monday – Friday 6:00 am - 8:00 pm, Saturday 8:00am – 1:00pm

WELLNESS CENTER

Ages 10-11

- Must complete an orientation.
- Must be accompanied by an adult at all times.
- Allowed to use the cardio equipment.
- Not allowed to use free weight equipment.
- May participate in group exercise classes, if accompanied by an adult and at the discretion of the instructor.

Ages 12-14

- Must complete orientation.
- Must be accompanied by an adult.
- Allowed to use the cardio equipment and the selectorized strength training equipment.
- Not allowed to use free weight equipment.

Ages 15 & up

May use the Wellness Center and attend group exercise classes independently.

Other Age Requirements:

- Open/Lap Swim: 12 years old (must pass a swim test)
- Sauna: 18 years old