

SEPTEMBER 2026

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)					
	Pickleball 12:00pm-1:00pm	Silver Sneakers Classic® 12:00pm-12:45pm Claudia		Tai Chi Qi Gong 10:00am-10:45am Choon (Gym)	Walking Club 10:00am-10:45am 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 Basketball 5:45pm-7:45pm
	Open Gym 4:00pm – 7:45pm						

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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