

**INDEPENDENT HEALTH YMCA
NORTH GYM SCHEDULE
NOVEMBER 2026**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Open Gym 7:00-8:00am	Open Gym & Pickleball (½ gym each) 6:00-8:30am	Pickleball 6:00-8:30am	Open Gym & Pickleball ½ gym each 6:00-8:30am	Pickleball 6:00-8:30am	Open Gym & Pickleball (½ gym each) 6:00-7:30am	Jr. Cav's Basketball 7:00am- 2:00pm
Pickleball 8:00-9:30am	Low Impact Strength & Conditioning 9:00-9:45am Tara B	HIIT 9:00-9:45am Tara B		HIIT 9:00-9:45am Tara B	Low Impact Strength & Conditioning 7:45-8:30am Tara B	
Adult Pick-Up Basketball 9:30am-1:30pm	SilverSneakers® Classic (TICKET REQUIRED) 10:15-11:00 am Linda S	SilverSneakers® Classic (TICKET REQUIRED) 10:15-11:00am Annette A	Low Impact Strength & Conditioning 9:00-9:45am Brian C	Silver Sneaker® Classic (TICKET REQUIRED) 10:15-11:00 am Annette	SilverSneakers® Classic 9:00-9:45am Annette A	
	SilverSneakers® Yoga 11:15-12:00pm Linda S	SilverSneakers® Classic 11:15-12:00 pm Jody	SilverSneakers® Yoga 10:00-10:45am Bonnie P	SilverSneakers® Classic 11:15am-12:00pm Jody	SilverSneakers® Yoga 10:00-10:45am Annette A	
Open Gym 1:30-5:45pm	Pick-Up Basketball 12:15-1:45pm	Pick-Up Basketball 12:15-1:45pm	Senior Bootcamp 11:15am- 12:00pm Annette A	Pick-Up Basketball 12:15-1:45pm	Low Impact Strength & Conditioning 11:15am-12:00pm Brian C	
	Pickleball** 2:00-4:30pm	Pickleball** 2:00-4:30pm	Pick-Up Basketball 12:00-1:45pm	Instructional Pickleball** 2:00-4:30pm	Pickleball** 12:30-3:45pm	
	Jr. Cav's Basketball 5:00-8:00pm	Family Open Gym 4:30-6:00pm	Pickleball** 2:00-4:30 pm	Jr. Cav's Basketball 5:00-8:00pm	Open Gym (½ Gym) 3:45-7:45pm	Pickleball 3:00- 6:00pm
		HIIT 6:15-7:00pm Tara B	Jr. Cav's Basketball 5:00-8:00pm		40+ Adult Pick-up Basketball (½ gym) 3:45-7:45pm	
	18+ Adult Open Gym 8:00-9:45pm	Pickleball 7:30-9:00pm	18+ Adult Open Gym 8:00-9:45pm	18+Adult Open Gym 8:00-9:45pm	18+ Adult Open Gym 8:00-9:45pm	Open Gym 6:15-7:45pm

*= 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 YMCA
SOUTH GYM SCHEDULE
NOVEMBER 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>11/22 closed Turkey Trott Pickup</p> <p>Adult Pick-Up Basketball 7:00-9:00am</p>	<p>11/23 closed Turkey Trott Pickup</p> <p>Pickleball 6:00-8:30am</p> <p>Low Impact Circuit 9:00-9:45 am Jody</p>	<p>11/24closed Turkey Trott Pickup</p> <p>Pickleball 6:00-8:30am</p> <p>Zumba® 9:00-9:45am Annette A</p>	<p>11/25 closed Turkey Trott Pickup</p> <p>Pickleball 6:00-8:30am</p> <p>Instructional Pickleball 8:30-9:45am</p>	<p>Pickleball 6:00-8:30am</p> <p>Zumba® 9:00-9:45am Annette A</p>	<p>Pickleball 6:00-8:30am</p> <p>HOMESCHOOL GYM 9:00-10:00am</p>	<p>11/21 Closed 2pm-close Turkey Trott Pickup</p> <p>Jr. Cav's Basketball 7:00am-2:00pm</p>
<p>Family Open Gym 9:00am-12:00pm</p>	<p>UPK 10:00-11:00am</p>	<p>UPK 10:00-11:00am</p>	<p>UPK 10:00-11:00am</p>	<p>UPK 10:00-11:00am</p>	<p>UPK 10:00-11:00am</p>	<p>Family Open Gym 3:00- 7:45p</p>
	<p>Pickleball 11:30am-2:30pm</p>	<p>Healthy Back 11:15am-12:00 pm Brian C</p>	<p>Pick-up Basketball 11:30am-2:30pm</p>	<p>Healthy Back 11:15am-12:00 pm Brian C</p>	<p>Pickleball 11:30am -2:30pm</p> <p>11/13 10:30am - 2pm Bills tailgate no pickleball</p>	
	<p>Family Open Gym 2:30-4:30pm</p>	<p>Pickleball 12:30-3:30pm</p>	<p>Family Open Gym 2:30-4:30pm</p>	<p>Pre-School Basketball 4:30-5:15pm</p> <p>Jr Cavs 5:30-8pm</p>	<p>Family Open Gym (½ Gym) 3:00-8:30pm</p>	
<p>Birthday Parties GYM CLOSED 12:00-4:00pm</p>	<p>Jr. Cav's Practice 5:00-8:00pm</p>	<p>T-Ball 5:00-6:15pm</p>	<p>Jr. Cav's Practice 5:00-8:00pm</p>	<p>Open Gym 8:00-9:00pm</p>	<p>PNO 11/6 Family Night 11/20 GYM CLOSED 5:30-7:00pm</p>	<p>KNO 11/14 GYM CLOSED 5:00-9:00pm</p>
	<p>Adult Pickleball 8:00-9:00pm</p>	<p>Youth Floor Hockey 6:30-7:30pm</p>				
	<p>18+ Adult Open Gym 9:00pm-9:45pm</p>	<p>18+ Adult Open Gym 8:30-9:45pm</p>	<p>18+ Adult Open Gym 8:30-9:45pm</p>	<p>18+ Adult Open Gym 9:00-9:45pm</p>	<p>18+Adult Open Gym 8:30-9:45pm</p>	

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INDEPENDENT HEALTH YMCA
STUDIO 1 SCHEDULE
NOVEMBER 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BODYCOMBAT 8:00-9:00am Kristen	Pilates 7:00-7:45am Nikki	BODYPUMP® 5:30-6:15am Brett P	Strength & Conditioning 5:45-6:30am Pam V	BODYPUMP® 5:30-6:15am Brett P	Pilates 7:00-7:45am Nikki	BODYPUMP® 7:45-8:30am Michelle C
		Yoga 7:00-8:00am Nikki C				
		SilverSneakers® Circuit 9:00-9:45am Gene G		Core & More 8:00-8:45am Tara B	BODYPUMP® 8:00-8:45am Kym S	
			BODYPUMP® 9:00am-10:00am Kym S	SilverSneakers® Circuit 9:00-9:45 am Michelle B	HIIT 9:00-9:45am Tara B	Les Mills Core 8:40am-9:10am Michelle C
BODYPUMP® 9:15-10:15am Brett P	Zumba Gold 10:15-11:00am Mary G	Low Impact Cardio 11:15am-12:00 pm Annette A	Cardio Drums 10:15am-11:00am Annette A	NEW Pilates Sculpt 10:00-10:45 am Michelle B	Drums Alive 10:00-10:45am Gene G	Cardio Kickboxing 9:15-9:45 am Michelle C
Yoga 10:30-11:30am Lisa W	Senior Circuit 11:15-12:00pm Holly Z	SilverSneakers® Yoga 12:15-1:00 pm Jess T	Senior Circuit 11:15am-12:00pm Holly Z	Low Impact Cardio 11:15-12:00 pm Annette A	SilverSneakers® Stability 11:00-11:30am Gene G	BODYPUMP® 10:00-11:00am Rebecca K
	Line Dancing 12:15-1:00pm Jody H	BODYCOMBAT Express 4:45-5:30pm Janelle D	Stroke Recovery Class (Registration Required) 12:15-1:15pm	SilverSneakers® Yoga 12:15-1:00 pm Jess T		Yoga 11:15am-12:15pm Lisa W
	Fusion 5:00-5:45pm Shawniece B	Strength Development 5:40-6:20pm David A	Barre 5:00-5:45pm Shawniece B	Fusion 5:15pm-6:00pm Cathy S		
	BODYPUMP® 6:15-7:15pm Christine M	Les Mills Core 6:30-7:00pm Lindsay B	BODYPUMP® 6:15-7:15pm Kristen L	Low Impact Strength & Conditioning 6:15-7:00pm Brian C	BODYPUMP® 5:00-6:00pm Kristen L	
		Cardio Dance 7:15-8:00pm Denise P		ZUMBA® 7:10-7:55 pm Brenda R	BODYCOMBAT® 6:15-7:00pm TJ W	

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INDEPENDENT HEALTH YMCA
STUDIO 2 SCHEDULE
NOVEMBER 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pilates Sculpt 8:00-8:45am Erica/Michelle B	Les Mills Core 6:45-7:15am Michelle C		Yin Yoga 7:00-8:00am Nikki C	Yoga 7:00-8:00am Nikki	Les Mills Core 6:45-7:15am Michelle C	BODYCOMBAT® 9:00-9:45am David A
		Core & Flow 8:10-8:50am Nikki C	Pilates 9:00-9:45am Annette A.	Core & Flow 8:10-8:50am Nikki C	Tai Chi Beginner 8:00-8:45am Brian C	
	BODYBALANCE 9:00-9:45am Linda S.	Cardio Dance & Sculpt 9:00-9:45 am Colleen R	Barre 10:00-10:45am Colleen R	Tai Chi 9:00-9:45am Gene G	Yin Yoga 9:00-9:45am Bonnie P	ZUMBA 10:30-11:30 am YMCA Staff
Zumba 9:30-10:15am Mary Ellen G	Barre 10:15-11:00am Holly Z	BODYCOMBAT 10:00-11:00am Diana R	Yoga 11:00am-12:00pm Bonnie P	BODYCOMBAT 10:00-11:00am Diana R		
	Yoga 11:15am-12:15pm Bonnie P	Parkinsons Movement 11:15-12:00 pm Ed H	Tai Chi Beginner 4:15-5:00pm Brian C	Parkinsons Movement 11:15-12:00 pm Ed H	Pilates 11:00-11:45am Annette A	
		Zumba® 5:30-6:15pm Sheila G	Tai Chi Intermediate/Advanced 5:15-6:00pm Brian C	Barrelates 5:30-6:15pm Sheila	Tai Chi Intermediate/Advanced 12:30-1:15pm Brian C	
		Barre Express 6:30-7:00pm Sheila	Cardio Dance 6:20-7:05 Giselle			
	Yoga 7:00-7:45pm MaryEllen	BODYBALANCE® 7:15-8:00pm Lindsay B.	Yoga 7:15-8:00pm MaryEllen G.			

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INDEPENDENT HEALTH YMCA
CYCLE ROOM
NOVEMBER 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Group Cycling 8:00-8:45am Pam V	Group Cycling 5:45-6:30am Michelle C		Group Cycling 6:00-6:45am Greg P		Group Cycling 5:45-6:30am Michelle C	
	Group Cycling 9:30am-10:15am Ryan A	Group Cycling 9:30-10:15am Abby M	Group Cycling 9:45-10:30am Abby M			
Endurance Spin 9:00-10:30 am Michelle C.		Cycle Express 10:30-11:00 am Abby M		Group Cycling 5:00-5:45pm Shawniece B	Group Cycling 10:00-10:45am Sarah C	Group Cycling 9:00-9:45am Alison C
	Group Cycling 5:00-5:45pm Mary Ellen G	Group Cycling 6:15-7:00pm Cathy S	Group Cycling 6:15-7:00pm Shawniece B			
	Les Mills SPRINT 6:00-6:30pm David A					

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