

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

	18+ Adult Open Gym 9:00pm-9:45pm	18+ Adult Open Gym 8:30-9:45pm	18+ Adult Open Gym 8:30-9:45pm	18+ Adult Open Gym 9:00-9:45pm	18+Adult Open Gym 8:30-9:45pm	
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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	NEW 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® 9:00-10:00am Kym S	NEW YogaSculpt 10:00-10:45am Jenna	BODYPUMP® 9:00am-10:00am Kym S	SilverSneakers® Circuit 9:00-9:45 am Michelle B	HIIT 9:00-9:45am Tara B	NEW 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	NEW 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® Classic 12:15-1:00 pm Diana R	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	NEW BODYCOMBAT Express 4:45-5:30pm Janelle D	Stroke Recovery Class (Registration Required) 12:15-1:15pm	SilverSneakers® Classic 12:15-1:00 pm Diana R		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		
		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	NEW 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.	NEW Cardio Dance & Sculpt 9:00-9:45 am Colleen R	NEW Barre 10:00-10:45am Colleen R	Tai Chi 9:00-9:45am Gene G	Yin Yoga 9:00-9:45am Bonnie P	STARTING 10/17 ZUMBA 10:00-10:45 am Brenda
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		STARTING 10/17 ZUMBA 11:00-11:45 am Brenda
	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	NEW Barrelates 5:30-6:15pm Sheila	Tai Chi Intermediate/Advanced 12:30-1:15pm Brian C	
		NEW Barre Express 6:30-7:00pm Sheila	NEW 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.	NEW TIME Power Yoga 6:45pm-7:45pm Nadya M.		

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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 9:30-10:15am Abby M		Group Cycling 9:45-10:30am Abby M	
Endurance Spin 9:00-10:30 am Michelle C.	Group Cycling 9:00am-9:45am Amy M	NEW 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.