

KEN-TON FAMILY YMCA

GYM SCHEDULE - NOVEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN GYM 8:00-11:45 am	OPEN GYM 5:00-9:00 am	OPEN GYM 5:00-7:00 am	OPEN GYM 5:00-7:45 am	OPEN GYM 5:00-7:00 am	OPEN GYM 5:00-9:15 am	OPEN GYM (½ Gym) 8:00-11:00 am
	Silver Sneakers Circuit® 9:15-9:45 am Annette	PICKLEBALL 7:00-9:45 am	Line Dancing 8:00-8:45 am Choon	PICKLEBALL 7:00-9:45 am	Silver Sneakers Classic 9:30-10:15 am Jen	PICKLEBALL (½ gym) 8:00-11:00 am
		Silver Sneakers Circuit® 10:00-10:45 am Jen	Pilates 9:00-9:45 am Choon	Silver Sneakers Circuit® 10:00-10:45 am Jen		*Please call ahead to confirm Gym availability Birthday parties may be scheduled for 11:00-12:00 pm
	Silver Sneakers Classic® 10:00-10:45 am Jen	Silver Sneakers Yoga® 11:00-11:45 am Jen	Silver Sneakers Classic® 10:00-10:45 am Choon	Silver Sneakers Yoga® 11:00-11:45 am Jen	Silver Sneakers Enerchi® 10:30-11:15 am Jen	OPEN GYM 12:00-3:45 pm
	PICKLEBALL 11:00-1:00 pm	Indoor Walking 12:00-1:00 pm	PICKLEBALL 11:00-1:00 pm	Indoor Walking 12:00-1:00 pm	PICKLEBALL 11:30-1:00 pm	
	BEGINNER PICKLEBALL 1:00-2:45 pm	PICKLEBALL 1:00-3:00 pm	BEGINNER PICKLEBALL 1:00-2:45 pm	OPEN GYM 1:15-5:00 pm	BEGINNER PICKLEBALL 1:00-2:45 pm	
	OPEN GYM 3:00-8:45 pm	OPEN GYM 3:15-8:45 pm	OPEN GYM 3:00-8:45 pm	PICKLEBALL (½ gym) 5:00-8:45 pm	OPEN GYM 3:00-8:45 pm	

*Schedule subject to change. For more information, please call the Ken-Ton Branch at (716) 874-5051.

KEN-TON YMCA
GROUP FITNESS SCHEDULE NOVEMBER 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Studio 8:00-9:15 am	Open Studio 6:00-10:00 am	Open Studio 6:00-8:00 am	Les Mills Bodypump® 6:15-7:00 am Becky	Open Studio 6:00-8:00 am	Open Studio 6:00-8:00 am	Les Mills Bodypump® 8:15-9:15 am Anthony
YogaStretch 9:15-9:45 am Kat	Silver Sneakers Circuit® (Gym) 9:15-9:45 am Annette	Strength & Conditioning 8:00-8:45 am Dave	Core & More 7:05-7:45 am Choon	Strength & Conditioning 8:00-8:45 am Dave	Bands & Body Weight 8:00-8:45 am Dave	Group Cycling 9:30-10:30 am David
			Open Studio 7:45-10:00 am			
Les Mills Bodypump® 10:00-10:45 am Kat	Zumba® 10:00-10:45 am Annette	Healthy Back 9:00-9:45 am Dave	Line Dancing (Gym) 8:00-8:45 am Choon	Healthy Back 9:00-9:45 am Dave	Core & More 9:00-9:45am Dave	Beginner Yoga 11:00-12:00 pm Sarah
		Beginner Yoga 10:00-11:00 am Sarah	Pilates (Gym) 9:00-9:45 am Choon	Beginner Yoga 10:00-11:00 am Sarah	SilverSneakers Classic® 9:30-10:15 am Jen	Intermediate Yoga 12:00-1:15 pm Sarah
Group Cycling 11:00-11:45 am Kat	Silver Sneakers Classic® (Gym) 10:00-10:45 am Jen	Intermediate Yoga 11:00am-12:15 pm Sarah	SilverSneakers Classic® (Gym) 10:00-10:45 am Choon	Intermediate Yoga 11:00 am-12:15 pm Sarah	Open Studio 10:15-12:00 pm	
	Open Studio 10:45-12:00 pm	SilverSneakers Circuit® (Gym) 10:00-10:45 am Jen	Yoga 10:00-11:00 am Sarah	SilverSneakers Circuit® (Gym) 10:00-10:45 am Jen	SilverSneakers Enerchi® (Gym) 10:30-11:15 am Jen	
	SMARTfit Brain & Body (Y Zone) 12:00-12:45 pm Ryan	Silver Sneakers Yoga® (Gym) 11:00-11:45 am Jen	Qigong & Tai Chi (Pre-school room) 11:00 am – 12:00 pm Choon	Silver Sneakers Yoga® (Gym) 11:00-11:45 am Jen		
	Open Studio 4:00-5:30 pm	Parkinson’s Movement 1:00-2:00 pm Dave/Sarah	Group Cycle 11:15-12:00 pm	Open Studio 4:00-5:30 pm		
			Open Studio 4:00-5:30 pm	Zumba® 5:30-6:15 pm Diane		
	Pilates 5:30-6:15 pm Annette	Zumba® 5:30-6:15 pm Diane	HIIT 5:30-6:15 pm Annette	Power Yoga 6:30-7:30 pm Tommy		
Open Studio 6:15-8:00 pm	Open Studio 6:15-8:00 pm	Open Studio 6:15-8:00 pm	Open Studio 7:30-8:00 pm			

HOURS OF OPERATION

Monday - Friday 5:00 am - 9:00 pm, Saturday 8:00 am - 4:00 pm, Sunday 8:00am-12:00pm

CHILD WATCH

Monday & Wednesday 9:00am – 12:30pm, Monday – Thursday 4:00 – 7:30 pm, Friday - Closed Saturday 8:00am – 1:00pm, Sunday 8:00 – 11:30am

Ages 3 months-12 years *YMCA Members only*

Child Watch is a benefit for Y family members (Family with Children or Individual Parent Family membership) who are involved in on-site programming. Children are supervised in a safe environment with games and activities to keep them happy while parents/guardians participate in Y programs or activities. Parents/guardians must stay on the premises. We recommend that babies be brought in with an infant seat.

WELLNESS CENTER

Ages 10-12

- Must be accompanied by an adult at all times.
- Access to cardio equipment only.
- May participate in group exercise classes, if accompanied by an adult and at the discretion of the instructor.

Ages 13-14

- Do not need to be accompanied by an adult.
- Allowed to use cardio equipment.
- Allowed to use some strength training equipment.
- Not allowed to use free weight equipment.

Ages 15 & up

- Can access all equipment on Wellness floor and attend a group exercise class independently.

Other Age Requirements:

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

Mature behavior is expected in all areas and the YMCA reserves the right to exclude anyone who does not adhere to YMCA guidelines and safety standards.