

SOUTHTOWNS FAMILY YMCA
MAIN GYM 1
 November 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN GYM 7:00am - 5:45pm	FUSION (Main Gym 1 & 2) 5:15am – 6:00am Karen	OPEN GYM 5:00am - 7:30 am	FUSION (Main Gym 1 & 2) 5:15am – 6:00am Karen	OPEN GYM 5:00am - 7:30 am	FUSION (Main Gym 1 & 2) 5:15am – 6:00am Karen	OPEN GYM 7:00am - 7:45am
	OPEN GYM 6:15am – 7:30 am		OPEN GYM 6:15am - 7:30 am		OPEN GYM 6:15am - 7:30 am	JR CAV'S BASKETBALL 8:00am - 1:00pm
	LOW IMPACT 8:15am - 9:00am Arianna C	SILVERSNEAKERS® CIRCUIT 8:15am - 9:00am Marla W	LOW IMPACT 8:15am - 9:00am Jane L	SILVERSNEAKERS® CIRCUIT 8:15am - 9:00am Marla W	LOW IMPACT 8:15am - 9:00am Brandon F	
	SILVERSNEAKERS® CLASSIC 9:30am - 10:15am Brandon F	SILVERSNEAKERS® CLASSIC 9:30am - 10:15am Marla W	BOOM MOVE 9:30am - 10:15am Deb P	SILVERSNEAKERS® CLASSIC 9:30am - 10:15am Marla W	SILVERSNEAKERS® CLASSIC 9:30am - 10:15am Brandon F	
	ZUMBA® 10:30am - 11:15am Sara B	OPEN GYM 10:30am - 12:45pm	ZUMBA® 10:30am - 11:15am Sara B	OPEN GYM 10:30am - 12:45pm	LINE DANCING 10:30am – 11:15am Melissa T	
	ZUMBA GOLD® 11:30am - 12:15pm Sara B	SILVERSNEAKERS® CLASSIC 1:00pm - 1:45pm	ZUMBA GOLD® 11:30am - 12:15pm Sara B	SILVERSNEAKERS® CLASSIC 1:00pm - 1:45pm	ZUMBA GOLD® 11:30am - 12:15pm Brandon F	OPEN GYM 1:30pm - 7:45pm
	OPEN GYM 12:30pm – 5:00pm	OPEN GYM 2:00pm - 5:00pm	OPEN GYM 12:30pm – 5:00pm	OPEN GYM 2:00pm – 8:00pm	OPEN GYM 12:30pm – 8:00pm	
	JR. CAV'S PRACTICE 5:30pm - 8:30pm	JR. CAV'S PRACTICE 5:30pm - 8:30pm	JR. CAV'S PRACTICE 5:30pm - 8:30pm			
	18+ADULT/FAMILY OPEN GYM** 8:30pm - 9:45pm	18+ADULT/FAMILY OPEN GYM** 8:30pm - 9:45pm	18+ADULT/FAMILY OPEN GYM** 8:30pm - 9:45pm	18+ADULT/FAMILY OPEN GYM** 8:00pm - 9:45pm	18+ADULT/FAMILY OPEN GYM** 8:00pm - 9:45pm	

*Please be aware that the enCourage Benefit for Both programs will be in MG1 from 11:30am-2:00pm on the 1st & 3rd Wednesday of the month. *Please recognize the 15-minute or 30-minute transition time allotted between programs for setup and breakdown.

SOUTHTOWNS FAMILY YMCA
MAIN GYM 2
 November 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	FUSION 5:15am - 6:00am Karen	OPEN GYM 5:00am - 10:00am	FUSION 5:15am - 6:00am Karen		FUSION 5:15am - 6:00am Karen	
OPEN GYM 7:00am - 7:45am	OPEN GYM 6:15am - 10:15am		OPEN GYM 6:15am - 10:15am		OPEN GYM 6:15am - 10:15am	OPEN GYM 7:00am - 7:45am
BEGINNER PICKLEBALL 8:00am - 10:00am	ZUMBA® 10:30am - 11:15am Sara B	HOMESCHOOL PHYS. ED. 10:15am - 11:30am	ZUMBA® 10:30am - 11:15am Sara B		LINE DANCING 10:30am - 11:15am Melissa T	
PICKLEBALL 10:00am - 12:15pm	OPEN GYM 11:30am - 1:45pm	OPEN GYM 11:45am - 5:15pm	OPEN GYM 11:30am - 1:45pm	OPEN GYM 5:00am - 5:00pm	OPEN GYM 11:30am - 1:45pm	
	PICKLEBALL 1 Court All Levels 1 Court Beginner 2:00pm - 4:00pm		PICKLEBALL 1 Court All Levels 1 Court Beginner 2:00pm - 4:00pm		PICKLEBALL 1 Court All Levels 1 Court Beginner 2:00pm - 6:00pm	JR. CAV'S BASKETBALL 8:00am - 1:00pm
OPEN GYM 12:30pm - 5:45pm	OPEN GYM 4:15pm - 5:15pm		OPEN GYM 4:15pm - 5:15pm			
	JR. CAV'S PRACTICE 5:30pm - 8:30pm	JR. CAV'S PRACTICE 5:30pm - 8:30pm	JR. CAV'S PRACTICE 5:30pm - 8:30pm	JR. CAV'S PRACTICE 5:30pm - 8:30pm	OPEN GYM 6:15pm - 8:00pm	OPEN GYM 1:15pm - 7:45pm
	18+ FAMILY/ADULT OPEN GYM** 8:30pm - 9:45pm	18+ FAMILY/ADULT OPEN GYM** 8:30pm - 9:45pm	18+ ADULT/FAMILY OPEN GYM** 8:30pm - 9:45pm	18+ FAMILY/ADULT OPEN GYM** 8:30pm - 9:45pm	18+ ADULT/FAMILY OPEN GYM** 8:00pm - 9:45pm	

****FAMILY/ADULT OPEN GYM denotes that members must be 18+. Children under the age of 18 must be accompanied by a parent or guardian over 18 years to utilize this space. Schedule subject to change. For more information, please call 716-674-9622.**

SOUTHTOWNS FAMILY YMCA
AUXILIARY GYM
NOVEMBER 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN GYM 7:00am - 7:45am	OPEN GYM 5:00am - 5:45am	SPIN INTERVAL 5:15am - 6:00am Karen	OPEN GYM 5:00am - 5:45am	CYCLING 5:30am - 6:15am Mariely	OPEN GYM 5:00am - 5:45am	OPEN GYM 7:00am - 8:00am
CYCLING 8:00am - 8:45am Amy M	ADVANCED PICKLEBALL 6:00am - 9:00am	OPEN GYM 6:15am - 8:45am	PICKLEBALL 6:00am - 9:00am	OPEN GYM 6:30am - 9:00am	ADVANCED PICKLEBALL 6:00am - 9:00am	HITT 8:15am - 9:00am Sara V
BODYPUMP™ HEAVY 9:15am - 10:15am Melissa M	STRENGTH & CONDITIONING 9:30am - 10:15am Holly	BODYPUMP HEAVY™ 9:15am - 10:20am Melissa M	STRENGTH & CONDITIONING 9:30am - 10:15am Holly	BODYPUMP™ EXPRESS 9:30am - 10:20am Melissa M	STRENGTH & CONDITIONING 9:30am - 10:15am Lisa	CYCLING 9:30am - 10:30am Sara V
PICKLEBALL 10:30am - 3:00pm	LOW IMPACT CYCLING 10:30am - 11:15am Sue K (½ gym)	YOGA 10:30am - 11:30am Sue K	BODYPUMP HEAVY™ 10:30am - 11:30am Holly B	YOGA 10:30am - 11:30am Sue K	ZUMBA® 10:30am - 11:15am Brandon F	OPEN GYM 10:45am - 7:45pm
	BOOM MUSCLE 11:30am - 12:15pm Lisa	ZUMBA® 12:00pm - 12:45pm Melissa T	OPEN GYM 11:45am - 1:45pm	CARDIO DANCE 12:00pm - 12:45pm Melissa T	OPEN GYM 11:30am - 1:45pm	
	PICKLEBALL 2:00pm - 4:45pm	OPEN GYM 1:00pm - 4:15pm	BEGINNER PICKLEBALL 2:00pm - 4:00pm	OPEN GYM 1:00pm - 4:15pm	PICKLEBALL 2:00pm - 4:00pm BEGINNER (1 court) 4:00pm - 6:00pm	
OPEN GYM 3:15pm - 5:45pm	HITT 5:15pm - 6:00pm Renae	CYCLING 4:30pm - 5:30pm Sara V	CYCLING CIRCUIT 4:30pm - 5:30pm Sara V	CYCLING 4:30pm - 5:30pm Sara V	TEEN PICKUP BASKETBALL 6:15pm - 8:00pm	
	CYCLING 6:15pm - 7:00pm Abby G	BALANCED BOXING 5:45pm - 6:45pm Jim	LES MILLS BODYPUMP™ 5:45pm - 6:45pm Lindsay B	HITT 5:45pm - 6:30pm Renae	PARENTS NIGHT OUT 6:00pm - 9:00pm 11/6	
	LES MILLS BODYPUMP™ 7:15pm - 8:15pm Sara V	FITNESS BOXING 6:45pm - 7:45pm Jim	OPEN GYM 7:00pm - 8:00pm	OPEN GYM 6:45pm - 8:00pm		
	18+ ADULT/FAMILY OPEN GYM** 8:30pm - 9:45pm	PICKLEBALL 8:00pm - 9:45pm	18+ ADULT/FAMILY OPEN GYM** 8:00pm - 9:45pm	18+ ADULT/FAMILY OPEN GYM** 8:00pm - 9:45pm	18+ ADULT/FAMILY OPEN GYM** 8:00pm - 9:45pm	KIDS NIGHT OUT 4:30pm - 7:30pm 11/14

****ADULT/FAMILY OPEN GYM denotes that members must be 18+. Children under the age of 18 must be accompanied by a parent or guardian over 18 years to utilize this space. Schedule subject to change. For more information, please call 716-674-9622.**

SOUTHTOWNS FAMILY YMCA
STUDIO
NOVEMBER 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	SilverSneakers® Yoga 8:00am - 8:45am Brandon			Pilates 7:00am - 7:45am Mariely		Fusion 8:00am - 9:00am Kim
Les Mills BODYSTEP™ 9:15am - 10:00am Kelly O	Cardio Kickboxing 9:00am - 10:15am Jess	Women On Weights 9:00am - 10:00am Lisa K <i>*Registration required*</i>	Cardio Kickboxing 9:00am - 10:15am Jess	Women On Weights (Fundamentals) 9:00am - 10:00am Holly B <i>*Registration required*</i>	Cardio Kickboxing 9:00am - 10:15am Jess	Mindful Movement 9:00am - 9:45am Kim
Healthy Back 10:15am - 11:00am Joy	Les Mills BODYPUMP™ 10:30am - 11:30am Holly		SilverSneakers® Circuit 10:30am - 11:15am Jane	Zumba® Toning 10:00am - 10:45am Brandon	SilverSneakers® Circuit 10:30am - 11:15am Lisa	Cardio Kickboxing 10:00am - 11:00am Jess
Yoga 11:15am - 12:15pm Joy	Yoga 11:45am - 12:45pm Mary Beth	Zumba® Step 11:00am - 11:45am Melissa T	Barre 11:30am - 12:15pm Melissa T	Core & More 11:00am - 11:45am Melissa T	Barre 11:30am - 11:45am Melissa T	Yoga 11:15am - 12:15pm Adrianna
	Enhance® Fitness 1:00pm - 2:00pm Lisa <i>*Registration required*</i>	SilverSneakers® Yoga 12:00pm - 12:45pm Sue	Enhance® Fitness 1:00pm - 2:00pm Lisa <i>*Registration required*</i>	SilverSneakers® Yoga 12:00pm - 12:45pm Sue	Enhance® Fitness 1:00pm - 2:00pm Lisa <i>*Registration required*</i>	
	Core & More 4:45pm - 5:30pm Kelly O	Strength & Conditioning 5:00pm - 5:45pm Chelsey	Pilates 4:30pm - 5:10pm Cass P	Strength & Conditioning 4:30pm - 5:15pm Kelly O		
	Women On Weights 5:30pm - 6:30pm Erin R <i>*Registration required*</i>	Les Mills BODYSTEP™ 6:00pm - 6:45pm Kelly O	Small Group Training 5:15pm - 6:15pm Cass P <i>*Registration required*</i>	Pilates Strength 5:30pm - 6:15pm Erin R <i>*Sneakers Required*</i>		
	Zumba® 6:45pm - 7:45pm Mary G		Zumba® 6:30pm - 7:30pm Mary G		Les Mills BODYPUMP™ 6:00pm - 7:00pm Kelly O	
	Yoga 8:00pm - 8:45pm Chris B	Yoga 8:00pm - 9:00pm Adrianna	Yoga 7:45pm - 8:30pm Jess T	Yoga 7:30pm - 8:30pm Mary Beth		

Schedule subject to change. For more information please call 716-674-9622.