

STUDIO

October 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Les Mills BODYPUMP™ 5:30am – 6:30am Holly B		Les Mills BODYPUMP™ 5:30am – 6:30am Holly B		Yoga 7:00am – 7:45am Janice	
	SilverSneakers® Yoga 8:00am – 8:45am Brandon		Yoga 7:00am – 7:45am Janice	BodyBalance Coming Soon Linda S	BodyBalance Coming Soon Linda S	Fusion 8:15am – 9:15am Kim
Les Mills BODYSTEP™ 9:15am – 10:00am Kelly	Cardio Kickboxing 9:00am – 10:00am Jess		Cardio Kickboxing 9:00am – 10:00am Jess	NEW Strength & Conditioning 9:00am-9:45am Linda S	Cardio Kickboxing 9:00am – 10:00am Jess	Mindful Movement 9:15am – 9:45am Kim
Healthy Back 10:15am – 11:00am Joy	Yoga 11:30am -12:30pm Mary Beth		SilverSneakers® Circuit 10:30am – 11:15am Jane	Core & More 11:00am – 11:45am Melissa T		Cardio Kickboxing 10:00am – 11:00am Jess
Yoga 11:15am – 12:15pm Joy		Zumba® Step 11:00am – 11:45am Melissa T				Yoga 11:15am – 12:15pm Adrianna
Core & More 12:30pm – 1:15pm Melissa T		SilverSneakers® Yoga 12:00pm – 12:45pm Sue	SilverSneakers® Yoga 12:30-1:15pm Janice	SilverSneakers® Yoga 12:00pm – 12:45pm Sue		
	Core & More 4:45pm – 5:30pm Kelly	Les Mills BODYSTEP™ 5:00pm – 5:45pm Kelly	Healthy Back 5:15pm – 6:15pm Joy	Les Mills BODYSTEP™ 5:00pm – 5:45pm Kelly		
	Cardio Kickboxing 5:45pm – 6:45pm Jess	Strength & Conditioning 6:00pm – 6:45pm Chelsey	Zumba® 6:30pm – 7:30pm Mary G	Strength & Conditioning 6:00pm – 6:45pm Erin	Les Mills BODYPUMP™ 5:45pm – 6:45pm Kelly	
	Zumba® 7:00pm – 7:45pm Mary G	Core & More 7:00pm – 7:45pm Adrianna		Core & More 7:00pm – 7:30pm Erin		
	Yoga 8:00pm – 8:45pm Chris B	Yoga 8:00pm – 8:45pm Adrianna		Yoga 7:45pm – 8:45pm Mary Beth		

MAIN GYM 1

October 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym for All 7:00am-12:15pm		Open Gym for All 5:00am-7:15am		NEW Fusion (Full Main Gym 1 & 2) 5:15am – 6:00am Karen		Open Gym for All 7:00am-7:45pm
	Open Gym for All 6:15am-7:15am		Open Gym for All 6:15am-7:15am		Open Gym for All 6:15am-7:15am	
	Low Impact Circuit 8:15am – 9:00am Kathy B	SilverSneakers® Circuit 8:15am – 9:00am Marla W	Low Impact Circuit 8:15am – 9:00am Kathy B	SilverSneakers® Circuit 8:15am – 9:00am Marla W	Low Impact Circuit 8:15am – 9:00am Kathy B	
	SilverSneakers® Classic 9:30am - 10:15am Brandon F	SilverSneakers® Classic 9:30am – 10:15am Marla W	Open Gym for All 9:15am-10:15am	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 for All 10:30am-12:45pm	Zumba® 10:30am – 11:15am Sara B	Open Gym for All 10:30am-12:45pm	Zumba® 10:30am – 11:15am Brandon F	
	Zumba Gold® 11:30am – 12:15pm Sara B	SilverSneakers® Classic 1:00pm – 1:45pm YMCA Staff	Zumba Gold® 11:30am – 12:15pm Sara B	SilverSneakers® Classic 1:00pm – 1:45pm YMCA Staff	Zumba Gold® 11:30am – 12:15pm Brandon F	
Open Gym for All 1:45pm-5:45pm	Open Gym for All 12:30pm-1:00pm	Open Gym for All 2:00pm-5:30pm	Open Gym for All 12:30pm-1:00pm	Open Gym for All 2:00pm-8:30pm	Open Gym for All 12:30pm-1:00pm	Open Gym for All 2:00pm-9:45pm
	UPK 1:00pm-2:00pm	Preschool Basketball 5:30pm-6:15pm	UPK 1:00pm-2:00pm		UPK 1:00pm-2:00pm	
	Open Gym for All 2:00pm-8:30pm	Preschool Soccer 6:30pm-7:15pm	Open Gym for All 2:00pm-9:45pm		Open Gym for All 2:00pm-9:45pm	
Pickup Basketball 8:30pm-9:45pm	Youth Floor Hockey Skills and Drills 7:30pm-8:15pm	Pickup Basketball 8:30pm-9:45pm				

*Please be aware that the encourage Benefit for Both program will be in MG1 from 11:30am-2:00pm on the 1st and 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
AUXILIARY GYM
October 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Open Gym for All 7:00am-8:45am	Open Gym for All 5:00am-5:45am	Cycle & Circuit 5:15am – 6:00am Karen	Open Gym for All 5:00am-5:45am	Open Gym for All 5:00am-8:00am	Open Gym for All 5:00am-5:45am	Open Gym for All 7:00am-8:00am	
	Advanced Pickleball 6:00am-9:00am	Open Gym for All 6:15am-8:00am	Pickleball all Levels 6:00am-9:00am		Advanced Pickleball 6:00am-9:00am		
		Interval Training 8:30am – 9:15am Kathy B		Interval Training 8:30am – 9:15am Kathy B		HIIT 8:15am – 9:00am Sara V	
BODYPUMP™ Express 9:15am-10:00am Melissa M	Strength & Conditioning 9:30am – 10:15am Jilyana	BODYPUMP™ Express 9:30am-10:15am Melissa M		BODYPUMP™ Express 9:30am-10:15am Melissa M	Strength & Conditioning 9:30am – 10:15am Kelly O	Cycling 9:30am – 10:30am Sara V	
Pickleball All Levels 10:15am-3:00pm	Low Impact Cycling 10:30am – 11:15am Sue K	Yoga 10:30am – 11:30am Sue K	Open Gym for All 10:30am-1:45pm	Yoga 10:30am – 11:30am Sue K	Cycling 10:30am – 11:15am Sue K	Jr. Cav's League Games 11:00am-2:00pm	
Open Gym for All 3:15pm-5:45pm	Open Gym for All 10:30am-11:15am (half)	Zumba® 12:00pm – 12:45pm Melissa T	Pickleball all Levels 2:00pm-4:00pm	Cardio Dance 12:00pm – 12:45pm Melissa T	Open Gym for All 10:30am-11:15am (half)	Open Gym 2:00pm-6:45pm	
	Open Gym for All 11:15am-1:45pm				Open Gym for All 11:15am-1:45pm		
	Pickleball All Levels 2:00pm-4:45pm	UPK 1:00-2:00pm		UPK 1:00-2:00pm	Pickleball All Levels 2:00pm-4:00pm	Family Halloween Party 4:00pm-6:00pm	
	HIIT 5:15pm – 6:00pm Renaë	Open Gym for All 2:00pm-4:00pm	Cycle & Circuit 4:30pm – 5:30pm	Open Gym for All 2:00pm-4:00pm	Pickleball 1 Court Recreational 1 Court -All Levels 4:00pm-6:00pm		
	Cycling 6:15pm – 7:00pm Abby	Cycling 4:30pm – 5:30pm Sara V	Les Mills Body Pump Express 5:45-6:30pm Lindsay B	Cycling 4:30pm – 5:30pm Sara V			
	Les Mills BODYPUMP™ 7:15pm – 8:15pm Sara V	Open Gym for All 5:30pm-7:45pm	Jr. Cavs Basketball Practice 6:30pm-8:30pm (Starts 9/25)		HIIT 5:45pm – 6:30pm Renaë	Teen Pickup Basketball 6:15pm-9:45pm	
	Open Gym for All 8:30pm-10:00pm	Pickleball All Levels 7:45pm-9:45pm	Open Gym for All 8:30pm-9:45pm		Jr. Cav's Practice 6:45pm-8:45pm		

MAIN GYM 2

October 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Open Gym for All 7:00am-7:45am	Open Gym for All 6:15am-10:15am	Open Gym for All 5:00am-5:30pm	Open Gym for All 6:15am-10:15am	NEW Fusion (Full Main Gym 1 & 2) 5:15am – 6:00am Karen	Open Gym for All 6:15am-10:15am	Pickleball All Levels 7:00am-10:30am Jr. Cav's Basketball League-Games 11:00am-2:00pm	
Pickleball Recreational 8:00am-10:00am	Zumba 10:30am-11:15am		Zumba 10:30am-11:15am		Zumba 10:30am-11:15am		
Pickleball All Levels 10:00am-12:15pm	Open Gym for All 11:30am-1:45pm		Open Gym for All 11:30am-1:45pm		Open Gym for All 11:30am-1:45pm		
Zumba® 12:30pm – 1:30pm Sara B	Pickleball All Levels 1 Court Recreational 2:00pm-4:00pm		Pickleball All Levels 1 Court Recreational 2:00pm-4:00pm		Open Gym for All 6:15am-5:30pm		Pickleball All Levels 1 Court Recreational 1 Court 2:00pm-6:00pm
Open Gym for All 1:45pm-5:45pm		Open Gym for All 4:15pm-5:30pm		Open Gym for All 4:15pm-5:30pm		Open Gym for All 4:15pm-5:30pm	
		Jr Cavs Basketball Practices 5:30pm-8:30pm (Starting 9/23)		Jr Cavs Basketball Practices 5:30pm-8:30pm (Starting 9/24)		Jr Cavs Basketball Practices 5:30pm-8:30pm (Starting 9/26)	
		Open Gym for All 8:30pm-9:45pm		Open Gym for All 8:30pm-9:45pm		Open Gym for All 8:30pm-9:45pm	
			Preschool Tumblers 5:30pm-6:15pm		Open Gym for All 6:00m-9:45pm	Open Gym for All 2:00pm-7:45pm	
			Youth Gymnastics 6:30pm – 7:15pm				
			Open Gym for All 7:15pm -9:45pm	Open Gym for All 8:30pm-9:45pm			