

William-Emslie Family YMCA

Group Fitness Schedule/Gym

October 2024

Member Info	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Open Gym 6:00am-9:00am	Open Gym 6:00am-6:45am	Open Gym 6:00am-6:45am	Open Gym 6am-6:45am	Open Gym 6am-8:45am	Open Gym 8:00am 11:00am
	Pickleball 9:00-10:45am	Group Cycling 7:00-7:45 Paulette	Group Cycling 7:00-7:45 Paulette	Group Cycling 7:00-7:45 Paulette	Pickleball 9:00-10:45 am	Pickleball 11:00-12:45pm (Full Gym)
Open Gym 8:00-8:45am		Open Gym 8:00-8:45am	Open Gym 8:00-8:45am			
Pickleball 9:00-10:45 am		Pickleball 9:00-10:45 am	Pickleball 9:00-10:45 am			
Open Gym 11:00am-12:00pm	Core & More 10:00-10:45 am Rhonda (Studio)	Amazing Abs 10:00-10:45 am Rhonda (Studio)	Core & More 10:00-10:45 am Rhonda (Studio)	Walking Club 10:00-10:45 am Rhonda (Outside weather permitting)		
Pickleball 12:00pm-3:00pm	SilverSneakers Yoga® 11:00-11:45 am Rhonda	SilverSneakers Classic® 11:00-11:45 am Rhonda	Cardio Dance 11:00-11:45 am Rhonda	SilverSneakers Classic® 11:00-11:45 am Rhonda		
	NEW Cardio Drums 12:00-12:45 pm Nichole		Senior Line Dancing 10:00 - 12:00pm (Senior Room)	Strength & Conditioning 12:00-12:45 pm Nichole		
SACC 3:00pm-5:00pm	Smartfit 2:00-2:45pm Rhonda (Studio)	Open Gym 12:00pm-3:00pm SACC 3:00pm-5:00pm	Open Gym 12:00pm-3:00pm SACC 3:00pm-5:00pm	Open Gym 1:00pm-3:00pm SACC 3:00pm-5:00pm		
Yoga 5:00-5:45pm Melissa (Community Center)	Open Gym 1:00pm-3:00pm			Open Gym 5:00pm-7:30pm		
Chi Gong 6:00-6:45 Melissa (Community Center)	SACC 3:00pm-5:00pm		Open Gym 5:00pm-7:30pm			
Open Gym 5:00pm-7:30pm	Open Gym 5:00pm-7:30pm			Open Basketball 5:00pm-7:45pm		

***= Requires registration.**

Schedule Subject to change, for more information please call the William-Emslie YMCA (716)845-5440.

Branch Hours:

Monday – Friday 6:00 am - 8:00 pm, Saturday 8:00am – 1:00pm

Child Watch Monday – Friday 5:00 – 7:30 pm

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.

Kids Time Sat: 10:00 am – 12:30 pm

Ages 5-12 years *YMCA Members only*

Fun and friends await children in this supervised and safe program! Special activities are geared to keep children active and entertained while enabling parents to run errands or spend time together. Children will enjoy arts & crafts, swimming, playing in the gym and more! Children must be registered in advance required by the Wednesday prior to the Saturday attending.

WELLNESS CENTER

Ages 10-11

- Must complete orientation.
- Must be accompanied by an adult at all times.
- Allowed to use track and cardio equipment.
- Not allowed to use free weight equipment.
- May participate in group exercise classes, if accompanied by an adult and at the discretion of the instructor.

Ages 12-14

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

Ages 15 & up

May use Wellness Center, track, and attend group exercise classes independently.

Other Age Requirements:

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