

INDEPENDENT HEALTH FAMILY YMCA
NORTH GYM SCHEDULE
DECEMBER 1 -DECEMBER 21, 2024
 REV. 12/4/24



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Open Gym 7:00am-8:00am	Open Gym Pickleball ½ gym each 6:00am-8:30am	Open Gym Pickleball ½ gym each 6:00am-8:30am	Open Gym Pickleball ½ gym each 6:00am-8:30am	Open Gym Pickleball ½ gym each 6:00am-8:30am	Open Gym Pickleball ½ gym each 6:00am-8:30am	Open Gym 7:00am-8:30am
	Low Impact Strength & Conditioning 9:00am-9:45am Tara B		HIIT 9:00am-9:45am Tara B	Low Impact Strength & Conditioning 9:00am-9:45am Brian C		
Instructional Pickleball 8:00am-9:30am	SilverSneakers® Classic 10:15 am-11:00 am Linda S	SilverSneakers® Classic 10:15am-11:00am Annette A	SilverSneakers® Yoga 10:00am-10:45am Bonnie P	Silver Sneaker® Classic 10:15 am-11:00 am Annette A	SilverSneakers® Classic 9:00am-9:45am Annette A	
	SilverSneakers® Yoga 11:15 am-12:00 pm Linda S	SilverSneakers® Classic 11:15am-12:00 pm Jody	AOA Cardio 11:15am- 12:00pm Annette A	SilverSneakers® Classic 11:15 am-12:00 pm Jody	SilverSneakers® Yoga 10:00am-10:45am Annette A	Silver Sneaker® Classic 9:00am-9:45am Sheila
Men's Pick-Up Basketball 9:30am-1:30pm	Pick-Up Basketball 12:15pm-1:30pm	Pick-Up Basketball 12:15pm-2:00pm	Pick-Up Basketball 12:15pm-1:30pm	Pick-Up Basketball 12:15pm-2:00pm	Low Impact Strength & Conditioning 11:15am-12:00pm Brian C	Jr. Cav's Basketball League 10:00am-2:00pm
Open gym 1:30pm-5:45pm	Pickleball** 1:30pm-3:30pm	Pickleball** 2:00pm-3:30pm Full	Pickleball** 1:30pm-3:30pm	Pickleball 2:00pm-3:30 pm Full	Pick-Up Basketball 12:15pm-1:30pm	Pickleball 3:00pm- 6:00pm
		Pickleball Kids 4:30pm-5:10pm	Jr Cavs Basketball Practices 5:30pm-7:30pm		Pickleball** 1:30pm-3:30pm	
	Jr Cavs Basketball Practices 5:30pm-7:30pm	HIIT 6:15pm-7:00pm Tara B.		Jr Cavs Basketball Practices 5:30pm-7:30pm	Open Gym 3:30pm-9:45pm	
		Open Gym 7:15pm-9:45p	Open Gym 6:00pm-7:45pm			

Schedule Subject to change, for more information please call the Independent Health YMCA (716)276-8300.

INDEPENDENT HEALTH FAMILY YMCA
SOUTH GYM SCHEDULE
DECEMBER 1- DECEMBER 21, 2024
 REV. 12/4



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Men's Pick-Up Basketball 7:00am-11:30am	Pickleball 6:00am-8:45am	Pickleball 6:00am-8:30am	Pickleball 6:00am-8:30am	Pickleball 6:00am-8:30am	Pickleball 6:00am-8:30am		
	Zumba® 9:15 am-10:00 am Robyn	Zumba® 9:00am-9:45am Annette A	Instructional Pickleball 8:30am-9:45am	Zumba® 9:00am-9:45am Annette A	Homeschool PE (4-7) * 9:15am-10:00am	Family Open Gym 7:00am-7:45pm	
<ul style="list-style-type: none"> 12/8 10am-3pm Holiday Shopping expo NO pickleball or open gym 	UPK (1/2 GYM) 10:30-11:30	Healthy Back 11:15am-12:00pm Brian C	UPK (1/2 GYM) 10:30-11:30	Healthy Back 11:15am-12:00pm Brian C	Homeschool PE (8-12) * 10:15am-11:00am UPK (1/2 GYM) 10:30-11:30	Jr. Cav's Basketball League 8:00am-2:00pm	
Pickleball 1:30pm-4:45pm	Open Gym 12:00pm-4:15pm	Open Gym 12:15pm-4:15pm	Open Gym 12:00pm-4:15pm	Open Gym 12:15pm-4:15pm	Open Gym 12:00pm-4:15pm	1/2 gym Rock climbing 10am-noon Dec 21st Dec 28th	
	SACC (1/2 Gym) 4:30pm-5:15pm	SACC (1/2 Gym) 4:30pm-5:15pm	SACC (1/2 Gym) 4:30pm-5:15pm	Instructional Pickleball 1:00pm-3:30pm	SACC (1/2 Gym) 4:30pm-5:15pm		
	Preschool Basketball (Group 1) (1/2 Gym) * 4:30pm-5:15pm	Preschool Soccer (1/2 Gym) * 4:30pm-5:15pm	Preschool Basketball (Group 2) (1/2 Gym) * 4:30pm-5:15pm	Open Gym 3:30pm-4:30pm SACC (1/2 Gym) 4:30pm-5:15pm			
Family Open Gym 5:00pm-5:45pm	Preschool Racers (1/2 Gym) * 5:30pm-6:15pm	Jr Cavs Basketball Practices 5:30pm-7:30pm	Youth Floor Hockey Skills & Drills (1/2 Gym) * 5:30pm-6:15pm	Preschool Sports Sampler * (1/2 Gym) 4:30pm-5:15pm	Family Programming 5:15pm-8:15pm	Open Gym 2:00pm-7:45pm **Second Saturday of every month is occupied for Kids Night Out from 4pm-7pm**	
	Youth Basketball (1/2 Gym) * 6:30pm-7:15pm		Youth Soccer (1/2 Gym) * 6:30pm - 7:15pm Open Rock Climbing (1/2 gym) 6:00pm - 7:15pm	Special Olympics (1/2 Gym) 5:30pm-6:15pm			
	Open Gym 7:30pm-9:45pm		Open Gym 7:15pm-9:45pm	Open Gym 6:15pm-9:45pm			Open Gym 8:15pm-9:45pm

*= Requires registration.

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INDEPENDENT HEALTH FAMILY YMCA
STUDIO 1 SCHEDULE
DECEMBER 1 – DECEMBER 21, 2024
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BODYPUMP® 9:00am-10:00am Brett P	Pilates 7:00am-7:45am Erica B	BODYPUMP® 5:30am-6:15am Brett P		BODYPUMP® 5:30am-6:15am Brett P	Core & More 6:30am-7:00am Erica B	BODYPUMP® 8:00am-8:45am Michelle C
					Pilates 7:00am-7:45am Erica B	
						BODYPUMP® 8:00am-8:45am Kym S
	BODYPUMP® 9:00am-10:00am Kym S	SilverSneakers® Circuit 9:00am-9:45am Gene G	BODYPUMP® 9:00am-10:00am Kym S	SilverSneakers® Circuit 9:00 – 9:45 am Jody H	HIIT 9:00am-9:45am Tara B	Cardio Kickboxing 9:00am-9:45am Michelle C
BODYBALANCE® 10:15am-11:15am Erica B/Michelle B	Barre 10:15am-11:00am Holly Z	BODY SCULPT 10:00am-10:45am Lana S	Cardio Drums 10:15am-11:00am Annette A	BODYCOMBAT® 10:00am-11:00am Diana R	Drums Alive 10:00am-10:45am Gene G	BODYPUMP® 10:00am-11:00am Rebecca K
BODYCOMBAT® 11:30am-12:15pm Katarina M	SilverSneakers® Circuit 11:15am-12:00pm Holly Z	Low Impact Circuit 11:15am-12:00 pm Annette A	SilverSneakers® Circuit 11:15am-12:00pm Holly Z	Low Impact Circuit 11:15am-12:00 pm Annette A	SilverSneakers® Stability 11:00am-11:30am Gene G	Yoga 11:15am-12:15pm Lisa W
Cardio Step 12:30am-1:15pm Katarina M	Cardio Drums 12:15pm-1:00pm Jody H	SilverSneakers® Classic 12:15 pm-1:00 pm Jody H		SilverSneakers® Classic 12:15 – 1:00 pm Jody H	BOOM® Move 11:45am-12:15pm Annette A.	
	Fusion 5:00pm-5:45pm Shawniece B		Barre 5:00pm-5:45pm Shawniece B	Fusion 5:15pm-6:00pm Cathy S		
	BODYPUMP® 6:15pm-7:15pm Christine M	Yoga 6:15pm-7:15pm Lexi G	BODYPUMP® 6:15pm-7:15pm Christine M	Low Impact Strength & Conditioning 6:15-7:00pm Brian C	BODYPUMP® 5pm-6pm Kris L	
				ZUMBA® 7:10-7:55pm Brenda R		

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INDEPENDENT HEALTH FAMILY YMCA

STUDIO 2 SCHEDULE

DECEMBER 1- DECEMBER 21, 2024

REV. 12/4



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Zumba 9:30am-10:15am Mary Ellen G	Core & More 6:30am-7:00am Christine M	Yoga 7:00am-8:00am Nikki C		Yoga 7:00am-8:00am Nikki C	Tai Chi 8:00am-8:45am Brian C	Zumba® 10:00-10:45am Brenda R Zumba® 11:00am-11:45am Brenda
			Pilates 9:00am-9:45am Annette A.	Tai Chi 9:00am-9:45am Gene G	Yin Yoga 9:00am-9:45am Bonnie P	
	Soul Fusion™ 10:00am-10:45am Lana S	BODYCOMBAT® 10:00am-11:00am Diana R	Zumba Gold 10:00am-10:45am Robyn S	Soul Fusion™ 10:00am-10:45am Lana S	BODY SCULPT 10:00am-10:45am Lana S	
Yoga 10:30am-11:30am Lisa W	Yoga 11:00am-12:00pm Bonnie P		Yoga 11:00am-12:00pm Bonnie P		BODYCOMBAT® 11:00am-11:45am Kelly S	
			Parkinsons Movement 12:15pm-12:45pm Ed H	Strong Nation 4:30pm-5:15pm Nichole B	Pilates 12:30pm-1:15pm Annette A	
		Zumba® 5:30pm-6:15pm Sheila G	Tai Chi 5:15pm-6:00pm Brian C	Barre/Pilates Combo 5:30pm-6:15pm Sheila G		
		Swim Team* 6:15pm-7:00pm	BODYCOMBAT® 6:15pm-7:15pm Kris L	Power Yoga 6:30pm-7:30pm Nadya M.		
	Yoga 7:00pm-7:45pm MaryEllen G.					

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INDEPENDENT HEALTH FAMILY YMCA
CYCLE ROOM
DECEMBER 1 – DECEMBER 21, 2024
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NEW Group Cycling 8:00am-8:45am Pam V	Group Cycling 5:45am-6:30am Michelle C	Group Cycling 9:30am-10:15am Abby M NEW Low Impact Cycling 10:30am-11am Abby M	Group Cycling 6:00 am-6:45 am Greg P		Group Cycling 5:45am-6:30am Michelle C	
	Group Cycling 9:30am-10:15am Ryan A		Group Cycling 9:30am-10:15am Sarah C			
Endurance Cycle 9:00am-10:30am Michelle C	Low Impact Group Cycling 10:30am-11:00am Ryan A			Group Cycling 5:00pm-5:45pm Shawneece B		Group Cycling 9:00am-9:45am Alison C
	Group Cycling 5:00pm-5:45pm Mary Ellen G	Group Cycling 6:15pm-7:00pm Cathy S	Group Cycling 6:15pm-7:00pm Shawneece B			

All TRX Circuit and Small Group Training classes are located
on the right side of the Wellness Floor.