

INDEPENDENT HEALTH FAMILY YMCA  
**NORTH GYM SCHEDULE**  
**INTERIM SCHEDULE DECEMBER 22-31, 2024**



**NO CLASSES 12/24, 12/31 OR 1/1/2025 CLOSED 12/25**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Family Open Gym</b> 7:00am-8:00am	<b>Open Gym Pickleball</b> ½ gym each 6:00am-8:30am	<b>Open Gym Pickleball</b> ½ gym each 6:00am-8:30am		<b>Open Gym Pickleball</b> ½ gym each 6:00am-8:30am	<b>Open Gym Pickleball</b> ½ gym each <b>6:00am-8:30am</b>	<b>Open Gym</b> 7:00am-8:30am
	<b>Low Impact Strength &amp; Conditioning</b> 9:00am-9:45am Tara B			<b>HIIT</b> 9:00am-9:45am Tara B		
<b>Instructional Pickleball</b> 8:00am-9:30am	<b>Silver Sneaker® Classic</b> 10:15 am-11:00 am Linda S	<b>12/24/24 CHRISTMAS EVE Hours: 5:00am-Noon</b>	<b>12/25/24 CHRISTMAS DAY CLOSED</b>	<b>Silver Sneaker® Classic</b> 10:15 am-11:00 am Annette A	<b>Silver Sneaker® Classic</b> 9:00am-9:45am Annette A	
		<b>12/31/24 NEW YEARS EVE Hours: 5:00am-3:00pm NO CLASSES</b>	<b>1/1/25 NEW YEARS DAY Hours: 10:00am-2:00pm NO CLASSES</b>	<b>Silver Sneaker® Classic</b> 11:15 am-12:00 pm Jody	<b>Silver Sneaker® Yoga</b> 10:00am-10:45am Annette A	<b>Silver Sneaker® Classic</b> 9:00am-9:45am Sheila
<b>Men's Pick-Up Basketball</b> 9:30am-1:30pm	<b>Silver Sneaker® Yoga</b> 11:15 am-12:00 pm Linda S	<b>Open Gym</b> 8:45am- 11:45am 12/24 & 12/31	<b>Open Gym</b> 10:00am-12:00pm	<b>Pick-Up Basketball</b> 12:15pm-2:00pm	<b>Low Impact Strength &amp; Conditioning</b> 11:15am-12:00pm Brian C	
<b>Open gym</b> 1:30pm-5:45pm	<b>Pick-Up Basketball</b> 12:15pm-1:30pm	<b>Pick-Up Basketball</b> 12:15pm-2:45pm 12/31	<b>Pick-Up Basketball</b> 12:15pm-1:30pm	<b>Pickleball</b> 2:00pm-3:30 pm Full	<b>Pick-Up Basketball</b> 12:15pm-1:30pm	<b>Open Gym</b> 10:00am-7:45pm
	<b>Pickleball**</b> 1:30pm-3:30pm				<b>Pickleball**</b> 1:30pm-3:30pm	
	<b>Open Gym</b> 3:45pm-9:45pm				<b>Open Gym</b> 3:45pm-9:45pm	

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

INDEPENDENT HEALTH FAMILY YMCA  
**SOUTH GYM SCHEDULE**  
**INTERIM WEEKS SCHEDULE DECEMBER 22-31, 2024**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Mens Pick-Up Basketball</b> 7:00am-11:30am	<b>Pickleball</b> 6:00am-8:45am	<b>Pickleball</b> 6:00am-8:30am		<b>Pickleball</b> 6:00am-8:30am	<b>Pickleball</b> 6:00am-8:30am	<b>Family Open Gym</b> 7:00am-2:45pm
	<b>Zumba®</b> 9:15 am-10:00 am Robyn	<b>12/24/24 CHRISTMAS EVE</b> <b>Hours: 5:00am-Noon</b> <b>NO CLASSES</b>	12/25/24 CHRISTMAS DAY CLOSED		<b>Zumba®</b> 9:00am-9:45am Annette A	
		<b>12/31/24 NEW YEARS EVE</b> <b>Hours: 5:00am-3:00pm</b> <b>NO CLASSES</b>	<b>1/1/25 NEW YEARS DAY</b> <b>Hours: 10:00am-2:00pm</b>	<b>Vacation Club</b> <b>10:00am – 11:00am</b>  <b>Healthy Back</b> 11:15am-12:00pm Brian C	<b>Vacation Club</b> <b>10:00am-11:00am</b> <b>3:30 – 5:00pm</b>	<b>½ gym Rock climbing</b>  10am-noon
<b>Pickleball</b> 1:30pm-4:45pm	<b>Vacation Club</b> 10:00 – 11:00 am 3:30 – 5:00pm	<b>Open Gym</b> 12/24/24 8:45am- 11:45am 12/31/24 8:45am-2:45pm	<b>Open Gym</b> 10:00am- 1:45pm	<b>Open Gym</b> 12:15pm-12:45pm  <b>Instructional Pickleball</b> 1:00pm-3:30pm		<b>Pickleball</b> <b>3:00pm- 6:00pm</b>
				<b>Vacation Club</b> <b>3:30pm – 5:00pm</b>		
<b>Family Open Gym</b> 5:00pm-5:45pm					<b>Family Programming</b> 5:15pm-8:15pm	<b>Open Gym</b> <b>6:00pm-7:45pm</b>

					<b>Open Gym</b> 8:15pm-9:45pm	
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**\*= Requires registration.**


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INDEPENDENT HEALTH FAMILY YMCA						
STUDIO 1 SCHEDULE						
INTERIM WEEKS SCHEDULE DECEMBER 22-31, 2024						
NO CLASSES 12/24 12/31 OR 1/1/2025. CLOSED 12/25						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BODYPUMP®</b> 9:00am-10:00am Brett P	<b>Pilates</b> 7:00am-7:45am Erica B			<b>BODYPUMP®</b> 5:30am-6:15am Brett P	<b>Core &amp; More</b> 6:30am-7:00am Erica B	<b>BODYPUMP®</b> 8:00am-8:45am Michelle C
		<b>12/24/24 CHRISTMAS EVE Hours: 5:00am-Noon NO CLASSES</b>	<b>12/25/24 CHRISTMAS DAY CLOSED</b>		<b>Pilates</b> 7:00am-7:45am Erica B	
						<b>BODYPUMP®</b> 8:00am-8:45am Kym S
	<b>BODYPUMP®</b> 9:00am-10:00am Kym S		<b>12/31/24 NEW YEARS EVE Hours: 5:00am-3:00pm NO CLASSES</b>	<b>1/1/25 NEW YEARS DAY Hours: 10:00am-2:00pm NO CLASSES</b>	<b>Silver Sneaker® Circuit</b> 9:00 – 9:45 am Jody H	<b>HIIT</b> 9:00am-9:45am Tara B
<b>BODYBALANCE®</b> 10:15am-11:15am Erica B/Michelle B	<b>Barre</b> 10:15am-11:00am Holly Z			<b>Soul Fusion™</b> 10:00am-10:45am Lana S	<b>Drums Alive</b> 10:00am-10:45am Gene G	<b>BODYPUMP®</b> 10:00am-11:00am Rebecca K
<b>BODYCOMBAT®</b> 11:30am-12:15pm Michelle B.	<b>Silver Sneaker® Circuit</b> 11:15am-12:00pm Holly Z			<b>Low Impact Circuit</b> 11:15am-12:00 pm Annette A	<b>Silver Sneaker® Stability</b> 11:00am-11:30am Gene G	<b>Yoga</b> 11:15am-12:15pm Lisa W
<b>Cardio Step</b> 12:30am-1:15pm 12/22-Lindsay B 12/29- Kelly O	<b>Cardio Drums</b> 12:15pm-1:00pm Jody H			<b>Silver Sneaker® Classic</b> 12:15 – 1:00 pm Jody H	<b>BOOM® Move</b> 11:45am-12:15pm Annette A.	
	<b>Fusion</b> 5:00pm-5:45pm Shawniece B			<b>Fusion</b> 5:15pm-6:00pm Cathy S		



	<b>BODYPUMP®</b> 6:15pm-7:15pm Christine M			<b>Low Impact Strength &amp; Conditioning</b> 6:15-7:00pm Brian C	<b>BODYPUMP®</b> 5pm-6pm Kris L	
				<b>ZUMBA®</b> 7:10-7:55pm Brenda R		

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INDEPENDENT HEALTH FAMILY YMCA							
STUDIO 2 SCHEDULE							
INTERIM WEEKS SCHEDULE DECEMBER 22-31, 2024							
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>Zumba</b> 9:30am-10:15am Mary Ellen G (No class 12/29)	<b>Core &amp; More</b> 6:30am-7:00am Christine M			<b>Yoga</b> 7:00am-8:00am Nikki C	<b>Tai Chi</b> 8:00am-8:45am Brian C		
				<b>Tai Chi</b> 9:00am-9:45am Gene G	<b>Yin Yoga</b> 9:00am-9:45am Bonnie P		
	<b>Soul Fusion™</b> 10:00am-10:45am Lana S	<b>12/24/24 CHRISTMAS EVE</b> Hours: <b>5:00am-12:00pm</b> <b>NO CLASS</b>	<b>12/25/24 CHRISTMAS DAY</b> <b>CLOSED</b>	<b>1/1/25 NEW YEARS DAY</b> Hours; <b>10:00am-2:00pm</b> <b>NO CLASSES</b>	<b>BODYCOMBAT®</b> 10:00am-10:45am Diana	<b>BODY SCULPT</b> 10:00am-10:45am Lana S	<b>Zumba®</b> 10:00-10:45am Brenda R  <b>Zumba®</b> 11:00am-11:45am Brenda
<b>Yoga</b> 10:30am-11:30am Lisa W	<b>Yoga</b> 11:00am-12:00pm Bonnie P				<b>BODYCOMBAT®</b> 11:00am-11:45am Kelly S		
				<b>NEW Strong Nation</b> 4:30pm-5:15pm Nichole B	<b>Pilates</b> 12:30pm-1:15pm Annette A		

				<b>Barre/Pilates Combo</b> 5:30pm-6:15pm Sheila G		
				<b>Power Yoga</b> 6:30pm-7:30pm Nadya M.		
	<b>Yoga</b> 7:00pm-7:45pm MaryEllen G.					

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INDEPENDENT HEALTH FAMILY YMCA

**CYCLE ROOM**

**INTERIM WEEKS SCHEDULE DECEMBER 22-31, 2024**

**NO CLASSES 12/24, 12/31 OR 1/1/2025 CLOSED 12/25**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>NEW Group Cycling</b> 8:00am-8:45am Pam V	<b>Group Cycling</b> 5:45am-6:30am Michelle C	<b>12/24/24 CHRISTMAS EVE</b> Hours: <b>5:00am-12:00pm</b> <b>NO CLASSES</b>	<b>12/25/24 CHRISTMAS DAY</b> <b>CLOSED</b>		<b>Group Cycling</b> 5:45am-6:30am Michelle C	
	<b>Group Cycling</b> 9:30am-10:15am Ryan A					
<b>Endurance Cycle</b> 9:00am-10:30am Michelle C	<b>Low Impact Group Cycling</b> 10:30am-11:00am Ryan A		<b>12/31/24 NEW YEARS EVE</b> <b>5:00am-3:00pm</b> <b>NO CLASSES</b>	<b>12/31/24 New Years Day</b> <b>Hours of Operation</b> <b>10:00am-2:00pm</b> <b>NO CLASSES</b>	<b>Group Cycling</b> 5:00pm-5:45pm Shawniece B	<b>Group Cycling</b> 9:00am-9:45am Alison C

	<b>Group Cycling</b> 5:00pm-5:45pm Mary Ellen G (No Class 12/30)					

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