Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	5:30am	5:30am	5:30am	5:30am		
Group Cycling	Sunrise Strength	Group Cycling	Sunrise Strength	Group Cycling		
Room B	Room A	Room B	Room A	Room B	8:00am	
8:15am	9:00am	8:10am	9:00am		Barre Fitness or	
Circuit Training	Group Cycling	Cardio Dance	Group Cycling		Pure Strength	
Room A	Room B	Room A	Room B		Room A	
9:15am	9:15am	9:20am	9:00am	8:15am	9:00am	
Turbo	<u>Pilates</u>	Yoga	Pure Strength	Circuit Training	Group Cycling	
<i>luicu</i> .	Room A	Room A	Room A	Room A	Room B	
Room A	10:30am	10:30am	10:15am	9:00am	9:00am	9:00am
10:30am	SVMBA	SilverSneakers	SilverSneakers	Group Cycling	ZVMBA°	Turbo
SilverSneakers' by Totaly Health	gold	Cardio/ Circuit	Yoga by Thomps Health	Room B	FITNESS	INICK.
<u>Classic</u>	Room A	Room A	Room A	9:15am	Room A	Room A
Room A		11:30am		<u>Pilates</u>		10:00am
11:30am		SilverSneakers by Twity Health		Room A		PIYO
SilverSneakers	3:30pm	<u>Classic</u>		10:30am		Express 30mins
Classic	KETTLÉBEGL	Room A		SilverSneakers		Room A
Room A	MANU.			<u>Classic</u>	CHAUTAUQU	A 🔥
	Room A			Room A	Health	
4:30pm	4:30pm	4:30pm	4:30pm	11:30am	Fitness	
InTENsity	Group Cycling	InTENsity	Barre Fitness	Breath Control	LIUIC22 🛧 🔥	
Room A	Room B	Room A	Room A	Room A	716-363-6383	
5:15pm	5:30pm	5:15pm	5:30pm		Facility Hours	
Group Cycling	Cardio Kick	Group Cycling	3 ZVMBA°			
Room A	Dance & Tone	Room B	FITNESS		Mon -Thurs: 5:00	am - 10:00pm
	Room A		Room A		Friday: 5:00	am - 8:00pm
5:30pm		5:30pm			i i	am - 7:00pm
Yoga		_			Sunday: 8:00am - 5:00pm	
Room A		S ZVMBA ATTNESS			Childcare Hours	
1.00///11		Room A			Mon - Thurs: 8:15am - 12:00pm	
		6:30pm				pm - 8:00pm
		PIYO				5am - 12:00pm
		Express 30 mins			· ·	5am - 10:30am
		Room A			•	O Childcare