



HELPING YOU LIVE HEALTHIER

Waltham YMCA

Summer Gym June 20–September 4

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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6:15–7:00am Cycle and Strength	6:15–7:00am Yoga	6:15–7:00am Cycle	6:15–7:00am HIIT	6:15–7:00am Cycle and Strength	6:00am–7:15am Open Gym	8:00am–9:45am Adult Basketball
7:00am–8:00am Open Gym	7:00am–8:00am Open Gym	7:00am–8:00am Open Gym	7:00am–8:00am Open Gym	7:00am–8:00am Open Gym	7:15am–8:00am Cycle	10:00am–2:00pm Sports Classes
8am–11am Kids Summer Camp	8:00am–5:00pm Kids Summer Camp	8:00am–11:00am Kids Summer Camp	8:00am–5:00pm Kids Summer Camp	8:00am–11:00am Kids Summer Camp	8:00am–9:00am HIIT	2:00pm–3:00pm Open Gym
11:00pm–1:00pm Adult Basketball	5:30pm–6:30pm Strength Train Together	11:00am–1:00pm Adult Basketball	5:30pm–6:30pm Strength Train Together	11:00am–1:00pm Adult Basketball	9:00am–1:00pm Family Open Gym	
1p–5pm Kids Summer Camp	6:30pm–8:00pm Teen Only Gym	1:00–5:00pm Kids Summer Camp	6:30pm–7:30pm Cycle	1:00pm–5:00pm Kids Summer Camp	1:00pm–2:00pm PickleBall	Family Open: Nets are able to be adjusted for families
5:30pm–6:30pm HIIT	8:00pm–9:00pm Open Gym	5:30pm–6:30pm HIIT	7:30pm–9:00pm Teen Only Gym	7:30pm–9:00pm Open Gym	2:00pm–3:00pm Open Gym	Open Gym: Open to All Members, Nets will not be adjusted
6:30pm–7:30pm Zumba		6:30pm–7:30pm Zumba				Times are subject to change as a result of special programs
7:30pm–9:00pm Open Gym		7:30pm–9:00pm Open Gym				Please call ahead for availability

YMCA OF GREATER BOSTON – 725 Lexington St., Waltham, MA, 02452 781.894.5295