



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PARKWAY COMMUNITY YMCA

GYM SCHEDULE

OPEN GYM						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-8:00AM	5:00-8:00AM	5:00-8:00AM	5:00-8:00AM	5:00-8:00AM	7:00-10:00AM	7:00AM-9:00AM
6:30-9:30PM	7:00-9:30PM	7:30-9:30PM	6:30PM-9:30PM	6:00PM-9:30PM FAMILY GYM	2:00PM-4:30PM FAMILY GYM	2:00PM-4:30PM FAMILY GYM

PICKLEBALL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00-3:00PM	1:00-3:00PM	12:00-3:00PM	1:00-3:00PM	12:00-3:00PM		11:00-2:00PM

GROUP EX CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fit For Life 11:00-12:00PM	Zumba 9:30-10:15AM Fit For Life 12:00-1:00PM	Fit For Life 11:00-12:00PM	Cardio Dance 9:30-10:15AM Fit For Life 12:00-1:00PM	Fit For Life 11:00-11:45PM	Strength & Stations 11:00-11:50AM	LaBlast 9:00-9:45AM

SPORTS & PROGRAMS						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Sports Sampler 5:15-6:45PM	Basketball Skills and Drills 4:45-7:20PM	Basketball Skills and Drills 4:45-6:30PM		Youth Run Club 12:00-1:00PM	

GYM SCHEDULE IS SUBJECT TO CHANGE BASED ON PROGRAMMING NEEDS.

Thank you for your patience!