

# GYM SCHEDULE

Parkway Community YMCA  
Beginning 3/27/2023



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
05:00 AM									
05:30 AM									
6:00 AM	Open Gym 5:00 – 8:00 AM	Open Gym 5:00 – 8:00 AM	Open Gym 5:00 – 8:00 AM	Open Gym 5:00 – 8:00 AM	Open Gym 5:00 – 8:00 AM				
6:30 AM									
7:00 AM									
7:30 AM									
8:00 AM									
8:30 AM						Open Gym 7:00 – 9:00 AM			
9:00 AM									
9:30 AM	Yoga 9:30 – 10:15 AM	Family Gym 9:30 – 10:15 AM	Yoga 9:30 – 10:15 AM	Cardio Dance 9:30 – 10:15 AM	Yoga 9:30 – 10:30 AM		Y Madness 8:00 – 12:45 PM	LaBlast 9:00 – 9:45 AM	
10:00 AM									
10:30 AM		Pilates 10:30 – 11:15 AM		Pilates 10:30 – 11:15 AM					
11:00 AM	Fit for Life 11:00 – 12:00 PM		Fit for Life 11:00 – 12:00 PM		Fit for Life 11:00 – 11:45 AM			Tone & Sculpt 11:00 – 11:45 AM	
11:30 AM									
12:00 PM	Advanced Pickleball 12:00 – 1:00 PM	Fit for Life 12:00 – 1:00 PM	Beginner Pickleball 12:00 PM – 1:00 PM	Fit for Life 12:00 – 1:00 PM	Intermediate Pickleball 12:00 PM – 1:00 PM	Y Madness 8:00 – 12:45 PM	Family Pickleball 12:00 PM – 1:00 PM		
12:30 PM									
1:00 PM	Intermediate Pickleball 1:00 PM – 2:00 PM	Beginner Pickleball 1:00 PM – 2:00 PM	Intermediate Pickleball 1:00 PM – 2:00 PM	Advanced Pickleball 1:00 – 2:00 PM	Beginner Pickleball 1:00 PM – 2:00 PM		Youth Run Club 1:00 – 2:00 PM	Beginner Pickleball 1:00 PM – 2:00 PM	
1:30 PM	Beginner Pickleball 2:00 PM – 3:00 PM	Open Pickleball 2:00 PM – 3:00 PM	Advanced Pickleball 2:00 – 3:00 PM	Open Pickleball 2:00 PM – 3:00 PM	Advanced Pickleball 2:00 – 3:00 PM		Family Gym 2:00 – 3:00 PM	Family Gym 2:00 – 3:00 PM	
2:00 PM									
2:30 PM									
3:00 PM						Open Gym 3:00 – 4:30 PM	Open Gym 3:00 – 4:30 PM		
3:30 PM									
4:00 PM	Soccer Clinic 3:45 – 6:00 PM	Intro to Tumbling 4:30 – 6:45 PM	Toddler Basketball 4:30 – 5:00 PM	Intro to Floor Hockey 4:30 – 6:15 PM	Youth Intro to Pickleball 4:15 – 5:00 PM				
4:30 PM			Intro to Tumbling 5:15 – 6:15 PM					Soccer Clinic 6:30 – 7:15 PM	Parents Night Out 6:30 – 9:30 PM
5:00 PM									
5:30 PM					Adult Intro to Pickleball 5:00 – 6:30 PM				
6:00 PM	Zumba 6:00 – 7:00 PM		Y Madness 6:30 – 9:00 PM						
6:30 PM									
7:00 PM									
7:30 PM	Open Gym 7:15 – 9:30 PM	Open Gym 7:00 – 9:30 PM		Open Gym 7:30 – 9:30 PM					
8:00 PM									
8:30 PM									
9:00 PM									
9:30 PM									

Gym Schedule is subject to change based on programming needs. Thank you for understanding!

[www.ymcaboston.org/parkway](http://www.ymcaboston.org/parkway)

## Building Hours

Monday–Friday  
5:00AM–10:00PM  
Saturday & Sunday  
7:00AM–5:00PM