

GYM SCHEDULE

Parkway Community YMCA
Beginning 1/22/2024



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:00 AM							
05:30 AM							
6:00 AM	Open Gym 5:00 – 7:30 AM	Open Gym 5:00 – 7:00 AM	Open Gym 5:00 – 7:30 AM	Open Gym 5:00 – 7:30 AM	Open Gym 5:00 – 7:30 AM	Intermediate Pickleball 6:00 – 7:30 AM	Open Gym 6:00 – 8:45AM
6:30 AM							
7:00 AM						JR. CELTICS 7:45AM- 5:00 PM	LaBlast 9:00 – 9:45 AM
7:30 AM							
8:00 AM	My Grown up and Me GYM TIME 7:30 – 9:00 AM	Advance Pickleball 7:00 – 8:45AM	My Grown up and Me GYM TIME 7:30 – 9:00 AM	Intermediate Pickleball 7:30 – 8:45 AM	Advance Pickleball 7:30 – 9:00 AM		Tone & Sculpt 11:00 –11:45 AM
8:30 AM							
9:00 AM							
9:30 AM	Yoga 9:30 – 10:15 AM	Family Gym 9:00 – 10:30 AM	Yoga 9:30 – 10:15 AM	Family Gym 9:00 – 10:30 AM	Yoga 9:30 – 10:30 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 PM		
11:30 AM							
12:00 PM	Advanced Pickleball 12:00 – 1:00 PM	Fit For Life 12:00 – 1:00 PM	Advanced Pickleball 12:00 – 1:00 PM	Fit For Life 12:00 – 1:00 PM	Advanced Pickleball 12:00 – 1:00 PM	Family GYM 12:00 – 3:30 PM	Teen Open GYM 3:30 –5:30PM
12:30 PM							
1:00 PM	Intermediate Pickleball 1:00 – 2:00 PM	Open Gym 1:00 – 4:00 PM	Intermediate Pickleball 1:00 – 2:00 PM	Advanced Pickleball 1:00 – 2:00 PM	Intermediate Pickleball 1:00 – 2:00 PM		
1:30 PM							
2:00 PM	Beginner Pickleball 2:00 – 3:00 PM		Beginner Pickleball 2:00 – 3:00 PM	Intermediate Pickleball 2:00 – 3:00 PM	Beginner Pickleball 2:00 – 3:00 PM	Teen Open GYM 3:00 – 5:45 PM	
2:30 PM							
3:00 PM	Family Gym 3:00 – 4:30 PM		Family Gym 3:00 – 5:00 PM	Teen Open Gym 3:00 – 6:00 PM	Teen Open Gym 3:00 – 5:45 PM		
3:30 PM							
4:00 PM							
4:30 PM	Sports Sampler 4:30 – 5:45 PM	Youth Soccer 4:15 – 6:15 PM	Sports Samplers 5:00-5:45PM				
5:00 PM						Private Training 6:00 – 7:00 PM	
5:30 PM							
6:00 PM	Zumba 6:00 – 7:00 PM					Parents Night Out 7:00 – 9:00 PM	
6:30 PM		Intro to Pickleball 6:30- 7:15 PM	Private Training 6:00 – 8:00 PM	Private Training 6:00 – 8:00 PM			
7:00 PM							
7:30 PM	Beginners Pickleball 7:00 – 8:00 PM						
8:00 PM							
8:30 PM							
9:00 PM	Open Gym 8:00 – 9:30 PM	Open Gym 7:15 – 9:30 PM	Beginners Pickleball 8:00 – 9:30 PM	Beginners Pickleball 8:30 – 9:30 PM			
9:30 PM							

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

www.ymcaboston.org/parkway

Building Hours

Monday–Friday
5:00AM-10:00PM
Saturday & Sunday
6:00AM-6:00PM