

GYM SCHEDULE

Parkway Community YMCA
February 25th – April 13, 2024



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--|--|--|--|--|--|-----------------------------------|
| 5:00 AM | | | | | | | |
| 5:30 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 | | |
| 6:30 AM | | | | | | Intermediate Pickleball 6:00 – 7:30 AM | |
| 7:00 AM | | | Open Gym 5:00 – 9:15 AM | | | | Open Gym 6:00 – 8:45 AM |
| 7:30 AM | | Advanced Pickleball 7:00 – 8:45 AM | | Intermediate Pickleball 7:30 – 8:45 AM | Advanced Pickleball 7:30 – 9:00 AM | | |
| 8:00 AM | Family Gym 8:00 – 9:15 AM | | | | | | |
| 8:30 AM | | | | | | | |
| 9:00 AM | | Family Gym 9:00 – 10:30 AM | | Family Gym 8:45 – 10:15 AM | | | LaBlast 9:00 – 9:45 AM |
| 9:30 AM | Yoga 9:30 – 10:15 AM | | Yoga 9:30 – 10:15 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 | | 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 | Advanced Pickleball 12:00 – 1:00 PM | Fit For Life 12:00 – 1:00 PM | Advanced Pickleball 12:00 – 1:00 PM | MARCH MADNESS YMCA YOUTH BASKETBALL LEAGUE 8:30 AM – 5:00 PM | Family Gym 12:00 – 3:30 PM |
| 12:30 PM | | | | | | | |
| 1:00 PM | Intermediate Pickleball 1:00 – 2:00 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 | Open Gym 1:00 – 4:00 PM | Beginner Pickleball 2:00 – 3:00 PM | Intermediate Pickleball 2:00 – 3:00 PM | Beginner Pickleball 2:00 – 3:00 PM | | |
| 2:30 PM | | | | | | | |
| 3:00 PM | Family Gym 3:00 – 4:15 PM | | | | | | Teen Open Gym 3:30 – 5:30 PM |
| 3:30 PM | | | | | | | |
| 4:00 PM | | | Family Gym 3:00 – 5:45 PM | Teen Open Gym 3:00 – 5:00 PM | Family Gym 3:00 – 5:45 PM | | |
| 4:30 PM | Agility Avengers 4:30 – 5:00 PM | Sports Sampler 4:15 – 5:45 PM | | | | | |
| 5:00 PM | Sports Sampler 5:00 – 5:45 PM | | | | | | |
| 5:30 PM | | | | | | | |
| 6:00 PM | Zumba 6:00 – 7:00 PM | Soccer Skills 5:45 – 7:00 PM | | | Private Training 6:00 – 7:00 PM | | |
| 6:30 PM | | | Intro to Pickleball 5:45 – 7:45 PM | March Madness Basketball League 5:00 – 8:30 PM | | | |
| 7:00 PM | | | | | | | |
| 7:30 PM | | | | | | | |
| 8:00 PM | Open Gym 7:00 – 9:30 PM | Open Gym 7:00 – 9:30 PM | Beginners Pickleball 7:45 – 9:00 PM | Beginner Pickleball 8:30 – 9:30 PM | Parents Night Out 7:00 – 9:00 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

Building Hours

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