

# GYM SCHEDULE

Parkway Community YMCA  
SEPTEMBER 8 – OCTOBER 26



	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 – 8:30 AM	Open Gym 5:00 – 7:30 AM	Open Gym 5:00 – 7:30 AM				
6:30 AM								Intermediate Pickleball 6:00 – 6:45 AM	Open Gym 6:00 – 7:45 AM
7:00 AM				Advanced Pickleball 7:00 – 8:45 AM		Beginners Pickleball 7:30 – 8:45 AM	Advanced Pickleball 7:30 – 9:00 AM		
7:30 AM									
8:00 AM	Family Gym 8:00 – 9:15 AM						Tone & Sculpt 8:00 – 8:45 AM		
8:30 AM			Body Pump 8:30 – 9:30 AM						
9:00 AM		Family Gym 9:00 – 10:30 AM		Body Pump 9:00 – 10:00 AM		Advanced Pickleball 7:30 – 8:15 AM	Zumba 9:00 – 9:45 AM		
9:30 AM	Yoga 9:30 – 10:30 AM				Yoga 9:30 – 10:30 AM		Yoga 9:30 – 10:30 AM		
10:00 AM						Sports Samplers 10:00 – 10:30 AM	Family Pickleball 10:00 – 11:00 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 – 12:00 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		Body Pump 11:15 – 12:15 PM		
12:30 PM									
1:00 PM	Intermediate Pickleball 1:00 – 2:00 PM	Open Gym 1:00 – 3:45 PM	Intermediate Pickleball 1:00 – 2:00 PM	Advanced Pickleball 1:00 – 2:00 PM	Intermediate Pickleball 1:00 – 2:00 PM	Open Gym 10:45 – 5:30 PM	Family Gym 12:15 – 3:30 PM		
1:30 PM	Beginner Pickleball 2:00 – 3:00 PM			Beginner Pickleball 2:00 – 3:00 PM	Intermediate Pickleball 2:00 – 3:00 PM				
2:00 PM									
2:30 PM									
3:00 PM	Family Gym 3:00 – 5:45 PM		Family Gym 3:00 – 3:45 PM	Teen Open Gym 3:00 – 4:45 PM	Family Gym 3:00 – 4:45 PM		Teen Open Gym 3:30 – 5:30 PM		
3:30 PM									
4:00 PM			Lyndon Sports Sampler 3:45pm – 5:00PM	Lyndon Sports Sampler 3:45pm – 5:00PM					
4:30 PM			Sports Sampler 5:00pm – 5:30PM	Basketball (4yr–6yr) 5:00pm – 5:45pm	T-Ball (2yr–3yr) 5:00pm – 5:30pm	Agility Avengers 5:00 – 5:45 PM			
5:00 PM									
5:30 PM									
6:00 PM	Zumba 6:00 – 7:00 PM	Soccer (4yr–6yr) 5:45pm – 6:30PM	Basketball (7yr–8yr) 6:00pm – 6:45pm	T-Ball (4yr–5yr) 5:45pm – 6:15pm	Barre 6:00–7:00pm				
6:30 PM									
7:00 PM		Soccer (7yr–12yr) 6:45pm – 7:30PM	Basketball (9yr–12yr) 7:00pm – 7:45pm	Intro to Pickleball 6:30 – 7:30 PM	Parents Night Out 7:00 – 9:00 PM				
7:30 PM	Pilates 7:30 – 8:15pm								
8:00 PM				Intro to Pickleball 7:30 – 8:30 PM					
8:30 PM	Open Gym 8:15 – 9:30 PM	Open Gym 7:30pm – 9:30 PM	Open Gym 7:45pm – 9:30 PM						
8:30 PM			Private Training 7:30pm – 9:30 PM	Private Training 7:45pm – 9:30 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  
6:00AM–6:00PM