

GYM SCHEDULE

Parkway Community YMCA
FEBRUARY 24 - APRIL 20



	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 - 6:45 AM		Open Gym 5:00 - 7:30 AM	Open Gym 5:00 - 7:30 AM		
6:30 AM			Open Gym 5:00 - 8:30 AM			Open Gym 6:00 - 7:45 AM	Open Gym 6:00 - 7:45 AM
7:00 AM		Increase Mobility 6:45 - 7:45 AM					
7:30 AM							
8:00 AM				Beginners Pickleball 7:30 - 8:45 AM			Tone & Sculpt 8:00 - 8:45 AM
8:30 AM	HITT 8:00 - 9:15 AM	Family Gym 8:00 - 10:30 AM	BODYPUMP 8:30 - 9:30 AM		Home School GYM 7:30 - 9:30 AM		Zumba 9:00 - 9:45 AM
9:00 AM				BODYPUMP 9:00 - 10:00 AM			
9:30 AM	Yoga 9:30 - 10:30 AM		Yoga 9:30 - 10:30 AM		Yoga 9:30 - 10:30 AM		Family Pickleball 10:00 - 11:00 AM
10:00 AM						MARCH MADNESS BASKETBALL LEAGUE 8:00 AM - 1:00 PM	
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		Home School GYM 10:30 - 11:45 AM		BODYPUMP 11:15 - 12:15 PM
11:30 AM							
12:00 PM	Advanced Pickleball 12:00 - 1:00 PM	Fit For Life 12:00 - 12:45 PM	Advanced Pickleball 12:00 - 1:00 PM	Fit For Life 12:00 - 12:45 PM	Fit For Life 12:00 - 1:00 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	Advance Pickleball 1:00 - 2:00 PM		Family Gym 12:15 - 3:30 PM
1:30 PM	Beginner Pickleball 2:00 - 3:00 PM	Open Gym 1:00 - 3:45 PM	Beginner Pickleball 2:00 - 3:00 PM	Intermediate Pickleball 2:00 - 3:00 PM	Beginner Pickleball 2:00 - 3:00 PM	Family Gym 1:30 - 3:30 PM	
2:00 PM							
2:30 PM							
3:00 PM						Private Training 1:30pm - 9:30 PM	Teen Open Gym 3:30 - 5:30 PM
3:30 PM	Family Gym 3:00 - 4:45 PM	March Madness Lyndon ages 4-6 3:45pm - 4:45PM	Family Gym 3:00 - 4:45PM	Teen Open Gym 3:00 - 4:45 PM	Family Gym 3:00 - 5:45 PM	Open Gym 3:30PM - 5:30PM	
4:00 PM							
4:30 PM							
5:00 PM	Intro to Pickleball Age 18+ 5:00pm - 6:00pm	March Madness Age 3-4 5:00pm - 5:45pm	T-Ball Age 3yr-4yr 5:00pm - 5:30pm	Sports Sampler age 2yr-3yr 5:00pm - 5:30pm			
5:30 PM							
6:00 PM	Zumba 6:00 - 7:00 PM	March Madness Age 5-6 6:00pm - 6:45PM	Youth Intro to Pickleball Age 6-8 5:45pm - 6:30pm	Sports Sampler Age 2-3 5:45pm - 6:15pm			
6:30 PM							
7:00 PM	Intro to Pickleball Age 18+ 7:00pm - 8:00pm	March Madness Age 7-12 7:00pm - 7:45PM	Adult Intro to Pickleball Age 18+ 6:45pm - 7:45pm	Soccer Age 6-8 6:15 - 7:00 PM	Parents Night Out 6:00 - 9:00 PM		
7:30 PM							
8:00 PM							
8:30 PM	Beginner Pickleball 8:00pm - 9:30 PM	Open Gym 8:00pm - 9:30 PM	Private Training 8:00pm - 9:30 PM	Open Gym 7:15pm - 9:30 PM	Private Training 7:15pm - 9:30 PM		
9:00 PM				Beginner Pickleball 7:30pm - 9:30 PM			
9:30 PM							

Building Hours

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

www.ymcaboston.org/parkway

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