

# GYM SCHEDULE

Parkway Community YMCA  
APRIL 28– JUNE 22



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM							
5:30 AM							
6:00 AM			Open Gym 5:00 – 7:30 AM		Open Gym 5:00 – 7:30 AM	Open Gym 5:00 – 7:30 AM	
6:30 AM	Open Gym 6:00 – 7:45 AM	Open Gym 5:00 – 8:00 AM					
7:00 AM				Open Gym 5:00 – 9:15 AM			Open Gym 6:00 – 9:25 AM
7:30 AM							
8:00 AM	Tone & Sculpt 8:00 – 8:45 AM				Beginners Pickleball 7:30 – 8:45 AM	Home School GYM 7:30 – 8:15 AM	
8:30 AM		HIIT 8:30 – 9:15 AM	Family Gym 8:00 – 10:30 AM			HIIT 8:30 – 9:15 AM	
9:00 AM	Open Gym 9:00 – 10:00 AM				Open Gym 9:00 – 10:15 AM	YOGA 9:30 – 10:30 AM	Sports Sampler 9:30–10:00AM
9:30 AM							
10:00 AM							
10:30 AM	Family Pickleball (kids under 12) 10:00 – 12:00 PM		Pilates 10:30 – 11:15 AM		Pilates 10:30 – 11:15 AM	Home School GYM 10:30 – 11:45 AM	T-Ball 10:15–11:00AM
11:00 AM		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 – 12:45 PM	Advanced Pickleball 12:00 – 1:00 PM	Fit For Life 12:00 – 1:00 PM	Fit For Life 12:00 – 12:45 PM	Basketball Skills 11:15–1:00PM
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	Advanced Pickleball 1:00 – 2:00 PM	
1:30 PM	Family Gym (Kids under 12) 12:15– 3:30 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	
2:00 PM							
2:30 PM							
3:00 PM			Open Gym 1:00 – 6:10PM		Teen Open Gym 3:00 – 4:45 PM	Family Gym (Kids under 12) 3:00 – 5:45 PM	Private Training 1:00–5:30 PM
3:30 PM	Teen Open Gym 3:30 – 5:30PM	Family Gym (Kids under 12) 3:00 – 5:45 PM		Family Gym (Kids under 12) 3:00 – 5:40PM			Open Gym 1:00PM– 5:30PM
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM		Zumba 6:00 – 7:00 PM		Agility Avengers Age 3–6 5:45pm–6:30pm	Open Gym 4:45pm–7:00pm		
6:30 PM			BOX FIT 6:15pm– 8:00pm				
7:00 PM				Adult Intro to Pickleball Age 18+ 6:45pm– 7:45pm		Parents Night Out 6:00 – 9:00 PM	
7:30 PM							
8:00 PM		Beginner Pickleball Age 18+ 7:10pm– 9:30 PM	Open Gym 8:00pm – 9:30 PM	Open Gym 7:45pm – 9:30 PM	Beginner Pickleball Age 18+ 7:00pm– 9:30 PM		
8:30 PM			Private Training 8:00pm– 9:30 PM	Private Training 7:45pm – 9:30 PM			
9:00 PM							
9:30 PM							

## Building Hours

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

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

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